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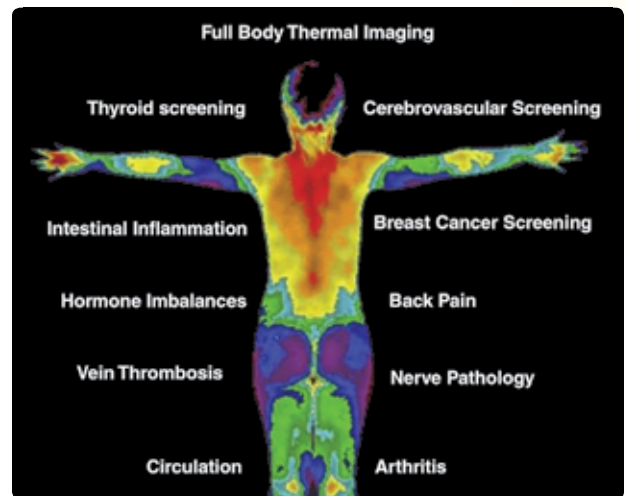
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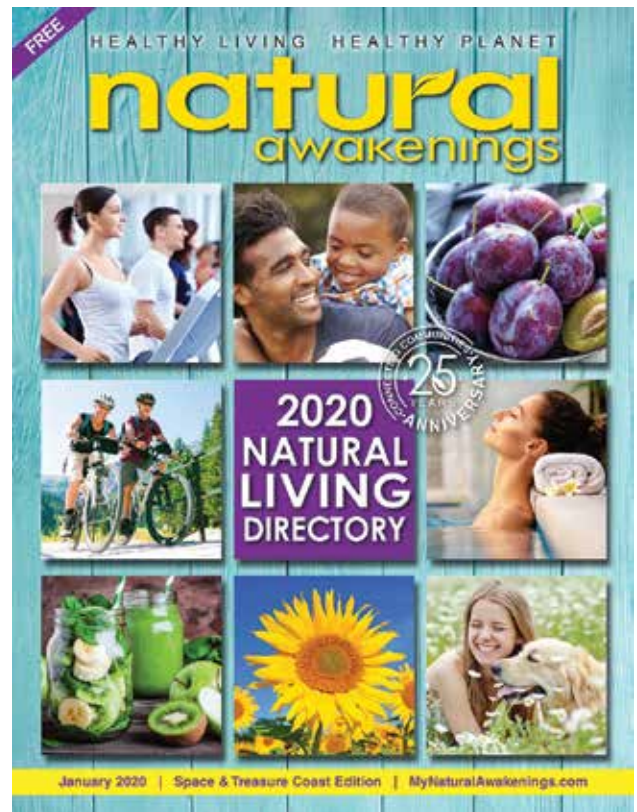
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Natural Awakenings is a family of more than 70 healthy living magazines celebrating 25 years of providing the communities we serve with the tools and resources we all need to lead healthier lives on a healthy planet.

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### HOW TO ADVERTISE

To advertise with *Natural Awakenings* or request a media kit, please contact us at [MyNaturalAwakenings.com](http://MyNaturalAwakenings.com), email [Kris@mynaturalawakenings.com](mailto:Kris@mynaturalawakenings.com) or call 321-426-0080. Deadline for ads: the 10th of the month.

### EDITORIAL SUBMISSIONS

Email articles, news items and ideas to: [Kris@mynaturalawakenings.com](mailto:Kris@mynaturalawakenings.com). Deadline for editorial: the 5th of the month.

### CALENDAR SUBMISSIONS

All calendar events must be submitted online at: [MyNaturalAwakenings.com](http://MyNaturalAwakenings.com). E-mail calendar questions to: [Laurie@mynaturalawakenings.com](mailto:Laurie@mynaturalawakenings.com). Deadline for Calendar: the 10th of the month.

### REGIONAL MARKETS

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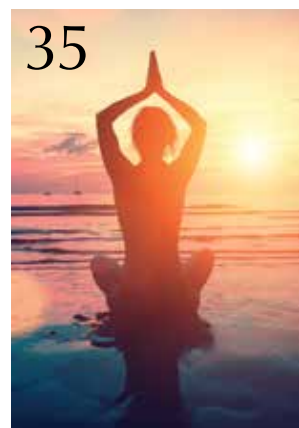
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PUBLISHER/EDITOR **Kris Urquhart**  
MANAGING EDITOR **Laurie Davey**  
CONTRIBUTING WRITER **Julie Peterson**  
DESIGN & PRODUCTION **Courtney Ayers**

ADVERTISING CONSULTANTS

MAIN OFFICE **Kris Urquhart**  
321-426-0080

SPACE COAST **Kasey Knight**  
321-684-9026

TREASURE COAST **Marie Moceri-DiCanio**  
772-444-7739

WEBMASTER **Zach Davey**

SOCIAL MEDIA **Amy Hass**

DISTRIBUTION TEAM **Sugey Bernal**  
**Paul Capodilupo**  
**Shawn Richter**  
**Jann Rossbach**  
**Tri-County**  
**Distribution**

CONTACT US

Main Office & Advertising: 321-426-0080  
Distribution: 321-421-7817  
Email: [Kris@my-NA.com](mailto:Kris@my-NA.com)  
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NATIONAL TEAM

CEO/FOUNDER **Sharon Bruckman**  
COO/FRANCHISE SALES **Joe Dunne**  
NATIONAL EDITOR **Jan Hollingsworth**  
MANAGING EDITOR **Linda Sechrist**  
NATIONAL ART DIRECTOR **Stephen Blancett**  
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FRANCHISE SUPPORT MGR. **Heather Gibbs**  
WEBSITE COORDINATOR **Rachael Oppy**  
NATIONAL ADVERTISING **Kara Cave**

Natural Awakenings Publishing Corporation  
4933 Tamiami Trail N., Ste. 203  
Naples, FL 34103  
Ph: 239-434-9392 • Fax: 239-434-9513  
[NaturalAwakeningsMag.com](http://NaturalAwakeningsMag.com)

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letter from the publisher

Bodywork Makes the Body Work



I can be covered and ready on a massage table in under 30 seconds. It's impressive really. I've developed my own technique that includes draping the sheet over my shoulders like a cape and climbing on the table from the end. The best part is I avoid becoming a sheet burrito.

For the last two years I've made bi-weekly massage a priority due to a frozen shoulder. After learning that frozen shoulder is common in women my age, I employed a combination of osteopathic manipulation treatment, physical therapy, energy work and massage therapy in my recovery plan. I stopped massage for a couple of months and regressed – losing range of motion. It was clear that massage therapy was critical to my recovery. I'm fortunate to have a skilled therapist with various certifications that has a deep understanding of anatomy, as well as how the body's systems work together.

“Stress and inflammation cause pain and disease,” says holistic practitioner Martha Garland, in our feature article *Age-Defying Bodywork* [page 24], “All of this that we carry in our bodies will make us feel much older than our years.” Losing the normal function in a part of my body that is essential to daily tasks certainly led me to think about aging. It is an experience that has motivated me to continue making lifestyle changes that will help me to age with grace.

In this issue you will find inspiration to include anti-aging elements into your lifestyle. Easily incorporate bodywork into your day with one of the local bodyworkers on page 25. Ayurvedic cooking is an ancient system designed to restore balance, find recipes by local Ayurveda experts on page 34. Learn how yoga helps people tap into their life force [page 35] and find a yoga class near you in our Yoga Community Guide [page 37]. Then discover how the perils of plastic in our environment is driving new strategies for a healthier planet and join local Keep America Beautiful organizations in a beach cleanup on September 21 [page 31]. This month make an appointment with a bodyworker and start your age-defying journey!

*Here's to aging gracefully!*

Kris Urquhart, Publisher



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*Natural Awakenings* practices environmental sustainability by using newsprint on uncoated stock. This choice avoids the toxic chemicals and high energy costs of producing shiny, coated paper that is hard to recycle. For more information, visit [My-NA.com](http://My-NA.com).





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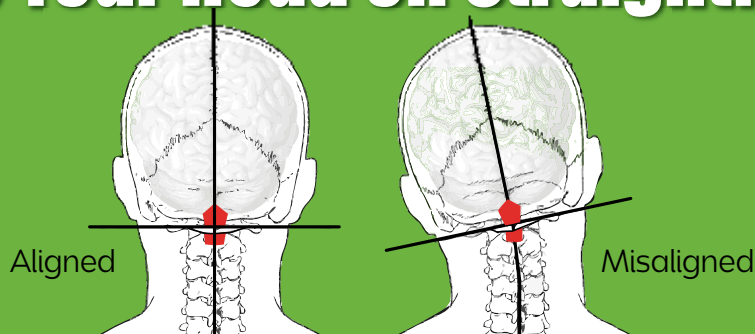
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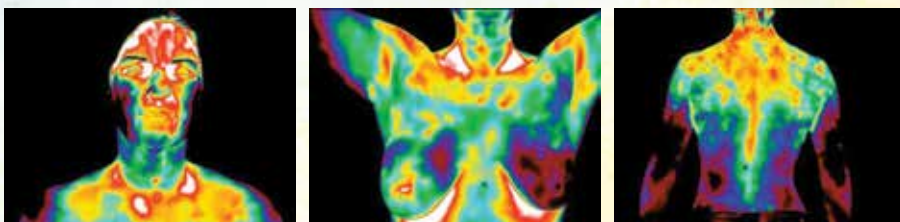
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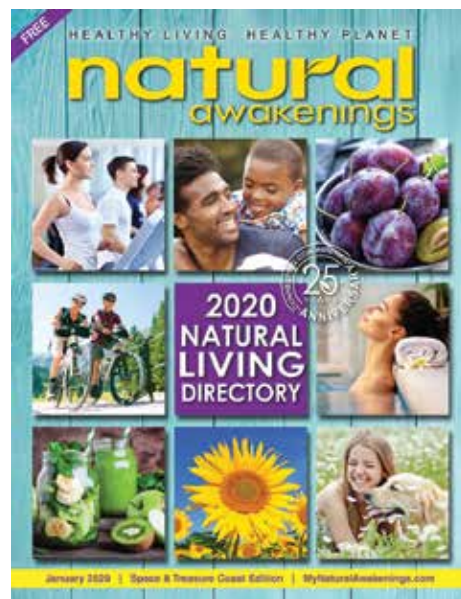
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## news briefs



## 2020 Natural Living Directory Coming in January

Natural Awakenings magazine presents the 2020 Natural Living Directory. This special edition will hit the streets in January and is an issue readers will want to keep year-round. This handy reference will be your guide to healthy living and a healthy planet – your natural phone book.

In this special issue, readers can find a practitioner by specialty index. Wellness profiles will provide in-depth information, highlighting the wealth of local health resources in our community that support a healthier, natural path to wellness. "Each year an issue is transformed into a convenient reference guide to natural health, sustainable living, and healthy choices," shares publisher Kris Urquhart. "Make sure to pick up your issue or link to our digital version online for easy reference."

For advertising information or to submit listings visit [my-NA.com/NLD](http://my-NA.com/NLD) or call 321-426-0080 for details. Sign up by November 4 and save with the early bird discount. See ad, page 4.



## Ascended Master Gathering & Reiki Energy Healing Certifications

Kumari Mullin, owner of Kumari Healing, Inc, is starting an Ascended Master Gatherings series in September and offering a Reiki Energy Healing Certifications in October.

During the Ascended Master Gatherings series, Meditation Masters Kumari and Kumara will lead sound healing with 5th Dimensional Alchemy bowls, chant and mantra, channeling, healing and meditation with the Ascended Masters. Gatherings are scheduled from October through March on the second Sunday of each month from 1 to 2:30 p.m. The events will take place both in-person (limit 26 people) and livestream (replays too). The Sebastian address will be emailed for in-person gatherings after registration.



The Reiki Energy Healing Certifications will be taught October 5-7 with Reiki I held on Saturday, Reiki II on Sunday and Reiki Advanced Immersion on Monday at Synergy Institute in Sebastian. "The Usui System of Natural Healing or Reiki can be a personal tool for healing and growth, a way to give vital energy to others, or a gentle complementary therapy in holistic medicine," says Kumari. Reiki II students will learn sacred symbols to increase their healing power, send long-distance healing and a technique to address the root causes of imbalances. Advanced Immersion will support and nurture Reiki II students to deepen their path as holistic healers, and learn how to use Reiki for animals, to increase abundance, intuition, intentions and more.

For more information or to register, visit [KumariHealing.com](http://KumariHealing.com) or call 772-589-9803. All Reiki courses are from 9 a.m. to 5 p.m. and 7 CEUs are offered for Florida massage therapists.

## Unity on the Space Coast Offers Positive Approach

Unity on the Space Coast provides a positive and practical approach to Christianity and is open to diverse groups of people and creative thinkers.



Through music, prayer and meditation the church practices wellness, abundance and a positive approach to the issues, goals and desires of our humanity. Unity accomplishes this by using the God Spirit in us, by teaching affirmative prayer and meditation and through energy healing. Classes, spiritual intensives, workshops, volunteer opportunities, concerts and community outreach are available.

"One of our missions is to serve our children in our church through our classes and services, and in the community by offering activities and volunteering. Our seniors and disabled members also are provided with opportunities to be relevant and productive as well as supported," says Rev. Roxanne Graves. "This is a warm, supportive community that offers friendship and healing by recognizing and honoring our diversity. We respond to each other's needs and teach practical spirituality to assist each of us on our spiritual journeys."

Unity on the Space Coast is located at 2000 South St, Titusville. For more information, call 321-383-0195 or visit [UnityontheSpaceCoast.org](http://UnityontheSpaceCoast.org).



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## Dr. Sharma Returns to Natural Approach Wellness Center

Natural Approach Wellness Center is proud to welcome back to the practice Dr. Rozana Sharma, Chiropractic Physician. Dr. Sharma has added more modalities to her skillset and completed advanced training in chiropractic care since she was on-site in 2015.



Dr. Sharma specializes in non-surgical spine and joint rehabilitation through chiropractic therapy, NeuroMuscular physical therapy, postural rehabilitation, anti-inflammatory lifestyle design, weight loss and Photobiomodulation cold laser therapy to decrease inflammation.

She has completed training as a Rehabilitative Fitness Professional to help patients get back to regular activities after a car accident or an overuse injury such as tennis elbow or Tech/Text Neck. "The degeneration of posture is creating chronic health issues for patients such as frequent headaches and nerve dysfunction. If you are having sciatic pain or numbness and tingling of the arms or hands, correcting the posture will often relieve those symptoms," states Dr. Sharma.

Dr. Sharma provides gentle chiropractic adjustments, manual and instrument assisted myofascial therapy and nerve stretching at every appointment.

Natural Approach Wellness Center is located at 2002 Pennwood Drive in Melbourne. For more information or a schedule of classes and events (including monthly Stress Relief Happy Hour), visit [MyNaturalApproach.com](http://MyNaturalApproach.com). To reach the office line of Dr. Rozana Sharma, call/text 321-361-6869.

## Inverted Elephant Yoga Studio Offers Workshops & Classes

The Inverted Elephant Yoga Studio announces a workshop on Naturally Balancing Hormones to be held September 7. It will cover the root causes of hormonal imbalance and what to do about it, and will be led by Bea Phillips, a Hippocrates Health Institute Health Educator and Lifestyle Medicine Coach.



In addition, the studio will offer a class for first responders, trauma victims and people with PTSD on the first Saturday of each month starting in September. Essential oil workshops are offered the last Sunday of each month.

The yoga studio offers a variety of classes, all open to beginners. Classes range from Yin, Gentle and Hot Hatha Yoga to low-impact Barre and Belly Dance Fusion classes. For those who are experiencing deep anxiety and sleepless nights, the studio also offers NuCalm therapy, a special patented neuroscience modality that is natural and clinically proven to relieve stress.

The Inverted Elephant is a place where Ahimsa (the concept of not harming and not injuring others, in deeds and in thoughts) and one's own health and wellness is the guiding principle.

For more information, call 321-749-9642 or visit [InvertedElephant.com](http://InvertedElephant.com). Inverted Elephant Yoga Studio is located at 2855 S Hopkins Ave, Titusville. The studio also hosts an Organic Buying Group with delivery of fresh organic produce every Tuesday, visit [OrganicElephant.com](http://OrganicElephant.com).

## ARE YOU RADIANTLY LIVING?

At **Radiantly Healthy MD**, Rebecca Hunton, MD and Lisa Johnson, PA find the underlying cause of your health concerns by using a scientific, whole body approach. They then combine traditional medicine, natural options and most importantly, lifestyle changes to create an individual plan to help you return to health and slow down the aging process.



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## Tres Chic Features Apple and Caramel Scented Spa Services

**T**rés Chic Beauty Boutique & Spa is leaping into fall with services featuring the



luscious scents and essences of apples, caramel and pumpkins. They are offering pedicures, facials, and body wraps incorporating apple- and caramel-scented soaks and lotions, as well as, pumpkin masks. “We feel our clients will find the scents of the season both relaxing and invigorating,” says owner Ayn Anderson.

Their pedicures incorporate a zero-gravity massage chair for deeper relaxation and pain-relief, as well as, a copper soaking bowl to reduce joint pain and inflammation, while naturally killing germs and bacteria. “These two incredible factors together make for an amazingly calming and beneficial pedicure,” says Anderson.

Trés Chic has also added a line of services which incorporate products that are infused with CBD oil, including massage, facials, and pedicures. These new additions complement their services which include ammonia and PPD-free hair color infused with organic essences, top-10-toxin-free nail polish, and naturally- and organically-based skin and hair products.

*Trés Chic is located at 1011 Rockledge Drive in Rockledge. For more information, call 321-338-7169 or visit [TresChicBeauty.net](http://TresChicBeauty.net). See ad, page 13.*

## Earth Fare Features Clean and Natural Choices

**E**arth Fare specialty organic and natural foods grocery store is proud to serve the Viera community with their new store which opened in January 2019. Beyond groceries, the store features Earth Fare’s Heirloom

Juice Bar, which serves juices, smoothies, and fresh coffee. Shoppers will also find a wide variety of clean, natural choices in Earth Fare’s prepared foods department, including the salad bar, hot foods bar, pizza station, sandwich counter, and conveniently packaged meals-on-the-go.

Whether dining in the indoor/outdoor café, equipped with free Wi-Fi for guests, or taking food to go, shoppers can enjoy their homemade favorites without the hassle. Earth Fare’s 1,300+ private brand products are all sourced using only non-GMO ingredients, and new products are being added to the shelves on a continual basis. Additionally, the Viera location offers the ease and convenience of grocery delivery, powered by Instacart.

Since its founding in 1975, Earth Fare has maintained their Food Philosophy, a rigorous set of quality standards ensuring that all products sold are free of high fructose corn syrup, artificial fats and trans-fats, artificial colors, artificial preservatives, artificial sweeteners, bleached or bromated flour, and are never administered antibiotics or growth hormones.

*Earth Fare is located at The Village Center at Viera Boulevard, 5410 Murrell Rd. Suite 135, in Rockledge. For more information, visit [EarthFare.com](http://EarthFare.com).*



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## Free Early Detection Prostate Cancer Screening in Cocoa Beach



A free Prostate Specific Antigen (PSA) Blood Screening Event will be held on September 5 at the Cocoa Beach Health & Fitness gym in Cocoa Beach. The testing will be provided by SunCoast Pathology Associates.

September is Prostate Cancer Awareness Month and according to the American Cancer Society one man in nine will be diagnosed with prostate cancer during his lifetime. Event organizer Martha Duffy lost her husband to prostate cancer because he did not know of this simple blood screening. "Early detection is crucial to saving a man's life as prostate cancer is treatable and curable if it is diagnosed when contained to the prostate," says Duffy.

Over 130 gift cards have been donated by area businesses for the event. Each man tested will have the opportunity to "punch out" for a gift card and win prizes. Give-aways include gift cards to area restaurants and for activities including golf, miniature golf, parasailing, water sports, kayaking, movies and bowling as well as gift cards for ice cream, pizza, and fish and tackle. "I am humbled by the generosity and support of our community for this event," says Duffy.

*Location: Cocoa Beach Health & Fitness is located at 1355 North Atlantic Ave in Cocoa Beach. Times: 7-11 a.m. and 3:30-7:30 p.m. For more information, contact Martha Duffy at 914-466-4058.*

## Professional Astrologer's Course with Bruce Orion

Aquarian Dreams is pleased to host courses taught by Bruce Orion, a professional astrologer in Sedona for more than 25 years.

On Tuesday, September 10, at 7 p.m., Orion will lead a free class: Introduction to Professional Astrologer's Course. This class will be an introduction to his 8-week course and will include an overview of the planets, signs, aspects, houses and transits along with discussion on how the planets affect us personally and collectively.

Beginning Thursday, September 19, Orion will lead the Professional Astrologer's Course (for professional or personal practice). This 8-week course will cover everything needed to be able to read and interpret an astrology chart, as well as its predictive aspects.

The course will cover the following topics: The Planets and the areas of human experience that they rule over; The Signs, their meaning, and how they define the character of the planets; The Houses, the areas of our lives where the planets will seek to find expression; The Aspects showing the inter-relationship between the planets and the internal conflict; and The Transits, the movement of the planets as they trigger the planets in a fixed chart.

*Cost for the course is \$250 before September 14, \$300 after. It will run from 7-8:30 p.m. on Thursdays. Call to pre-register: 321-729-9495. Aquarian Dreams, 414 N Miramar Ave (Hwy A1A). To register visit [AquarianDreams.com](http://AquarianDreams.com) and for more information visit [BruceOrion.com](http://BruceOrion.com). See ad, page 3.*



## Yoga Garden Opens Second Location



Loren Collarile, owner of The Yoga Garden on Pineapple Ave in Melbourne, is excited to announce the opening of a second location on US Hwy 1 near the Pineda Causeway.

The Yoga Garden is a unique environment for yogis and newbies to increase their strength, heal their bodies and calm their minds through the practice of yoga. "Our instructors create an atmosphere for students of all ages, levels and walks of life to feel comfortable and supported as they either continue their existing practice, or begin a new yoga journey," says Collarile. They offer an array of classes, from Gentle and Restorative to Vinyasa Yoga that will suit the need of every practitioner and offer appropriate guidance to meet the student wherever they are.

"This space will be a place not only to grow your yoga practice, but to collide with the community," says Collarile. Class offerings will include Gentle Yoga, Vinyasa, Restorative, Yin, Myofascial Release Technique and more.

*The new location of The Yoga Garden is inside the Adventure HQ, 5270 N US Hwy 1, 1 1/2 mile south of Pineda Cswy. The opening is tentatively September 6. For more information and class schedule, visit [YogaGardenFL.com](http://YogaGardenFL.com) or call 321-345-6197.*



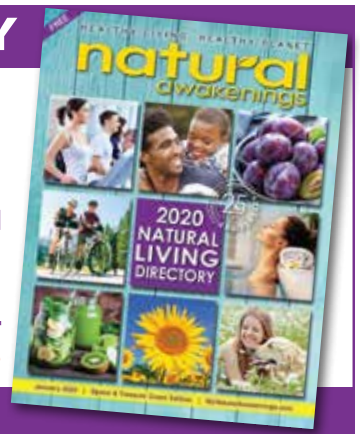
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## Cheri Flauto Whole Life Coach Relocates to Melbourne

Cheri Flauto is excited to announce her official move to Essential Elements Wellness in Historic Downtown Melbourne. True to her title, Whole Life Coach, Flauto's services are intended to reach the intrinsic part of ourselves that we need to be aware of

for lasting change to happen. Flauto offers life, confidence, and transformation coaching programs as well as hypnosis, energy healing, along with teaching Reiki and other classes.

Flauto invites you to the Grand Opening of Essential Elements on Saturday, September 21, from noon until 7 p.m. "I genuinely enjoy meeting, speaking with, and learning about people, so please stop by, say hi, and discover how my services may benefit you. There will be a lot going on, and it will be a fun day," Flauto said

Cheri Flauto's certifications include Master Life Coach, Hypnotist, Institute for Integrative Nutrition Health Coach, Infinite Possibilities Trainer, and Reiki Master/Teacher.

"We are all capable of doing, being, and creating all that we want in our lives. I love working with people that want to discover that new reality about themselves," said Flauto

*Essential Elements Wellness is located at 1010 New Haven Ave., Suite D in Melbourne. Cheri Flauto's hours at Essential Elements Wellness: Fridays noon to 7 p.m., Sundays noon to 6 p.m., and Mondays by appointment. For more information, call 407-401-0890 or email Cheri@CheriFlauto.com.*

## Anti-Aging Face-Lifting Massage Therapy



Skin changes are among the most visible signs of aging. Anti-Aging Face-Lifting Massage Therapy assists in repairing skin with four advanced, proven

therapies: facial dry brushing, Ezzi-lift micro-current technology, gentle lymphatic drainage therapy and a hydrating face massage.

"With the Anti-Aging Face-Lifting Massage, people get smoother, tighter and fuller skin without the worry and ongoing expense of Botox, filler injections or surgery. It's a natural solution to looking younger," says Ginger Taylor, LMT.

Florida sun exposure produces wear and tear on the skin, leaving the face dry, cracked and wrinkled. "This Anti-Aging Face-Lifting Massage can assist in the repair of sun damage and maturity," says Taylor. "Benefits of this therapy include an increase in blood flow, collagen and elastin production; hydration and stimulation of the lymphatic system to activate the body fluid circulation; and it regenerates the tissues, removes dead skin cells and generates healthy new skin cells."

Taylor recommends that clients schedule five initial treatments within the first three weeks to reach maximum benefits, then schedule every two weeks to maintain a healthy, glowing rejuvenated skin appearance.

*Ginger Taylor is located at Massages With Purpose in West Melbourne. For more information, call 321-480-9986 or visit MassagesWithPurpose.com. (MA75423, MM3526)*

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## Handmade Jewelry, Rock and Gem Show in Port Saint Lucie

The Saint Lucie County Rock and Gem Club will be presenting its annual Handmade Jewelry, Rock and Gem Show this year at the Port St. Lucie Civic Center on October 26 and 27. Find hand-crafted jewelry, gemstones, beads, rocks, minerals, slabs, a gold and silver on-site buyer, demonstrations, raffles, and a kid's corner. The event has grown into an outstanding educational and shopping experience. Proceeds from attendance go towards a scholarship for a geology or art student at Indian River State College.

Saint Lucie County Rock and Gem Club has celebrated lapidary sciences and jewelry arts since 1978. With only 45 rock-hound members when it began regular meetings, the club now boasts 135 members and owns its own workshop in Port St. Lucie, equipped with an assortment of tools for coaxing additional beauty from rocks and metals, beads and glass, gemstones and wire.

Classes are at the core of the club's existence and members, as teachers and students, work side-by-side to learn and master techniques for creating fine jewelry. Classes and workshops include, faceting (gemstones), cabbing (rocks), metal smithing (such as copper and silver), metal clay, casting, beading, lamp work, glass fusion, chainmaille, and wire weaving

*St. Lucie County Rock and Gem Club memberships are \$40 per year. For more information or to become a member, visit [SLCRockandGem.org](http://SLCRockandGem.org) or call 772-462-6597. See ad, page 45.*

## Feng Shui and Design Consultations Available

Linda Adams is pleased to offer in-home consultations for Feng Shui and design as well as a variety of health and wellness workshops at Goats Under the Oaks in Vero Beach.

Adams is a Licensed Interior Designer with over 30 years' experience in both residential and commercial design. For the past 11 years she has designed elegant interiors in Vero Beach. Her passion for living a well-balanced life led her to discover many ancient practices.

In 1997 she became a Reiki Master giving her the ability to understand and improve subtle energies. "Knowing the impact our surroundings have on our wellbeing led me to becoming a Feng Shui Consultant in 2000," explains Adams.

"Feng Shui is a wonderful tool for enhancing all we desire. Helping my clients create a space promoting a well-balanced life is a passion," states Adams. "My techniques are clear and simple: helping homeowners live a clutter-free balanced life." Adams' services start with an assessment of her clients' space. She'll then recommend the repositioning of furnishings for proper placement and proportions, and the addition of the correct symbols reflecting individual clients' desires for health, abundance, creativity and clarity.

*Goats Under the Oaks is located at 7025 81 Street, Vero Beach. For more information, call 772-342-0387 visit [GoatsUnderTheOaks.com](http://GoatsUnderTheOaks.com) for upcoming workshops and classes. See ad, page 43.*



## Genie's Gems Opens in Stuart



Jeanne Mehlretter and Christopher Johansen are pleased to announce the opening of Genie's Gems, A New Age Metaphysical Crystal Shop in downtown historic Stuart. Mehlretter and Johansen also own Stuart's Psychic and the Genie. "Genie's Gems is an extension and a new direction for Psychic and the Genie, putting the ying and yang into

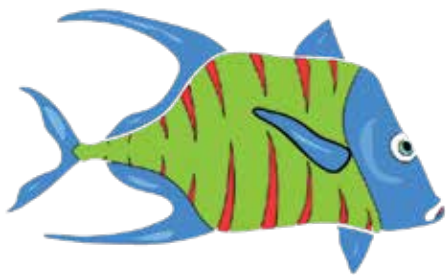
metaphysical stores in downtown Stuart," says Mehlretter.

Genies Gems carries crystals, stones and Soul Flower clothing - a boho, organic, earth-loving sustainable clothing line made with eco-friendly materials, including recycled materials and, in most cases, recycled water bottles. Made in the USA. They also carry hippie clothes, t-shirts, dresses and accessories including scarfs, headbands, handbags, purses, and jewelry.

Genie's Gems will also feature Tea Leaf Readings on Saturdays from 11 a.m. to 3 p.m., as well as, a Kai Chi Do and Sound Healing session every other Friday night. Kai Chi Do is a breath and movement mediation. They will host a Psychic Fair on Saturday, September 21 from 11 a.m. to 4 p.m. at both stores offering \$25 readings, raffles and giveaways. Guest Tarot, Tea Leaf and Angel Card readers will be on hand as well as Christopher Johansen the Psychic Medium.

*Genie's Gems is located at 21 SW Flagler Ave in Stuart. Hours: Monday through Saturday, 11 a.m. to 6 p.m.; Sunday, 12 a.m. to 5 p.m. For more information, call 772-678-6228 or visit [PsychicNTheGenie.com](http://PsychicNTheGenie.com).*





## Ubuntu Fish Gallery and Intuitive Lounge Now Open in Stuart

Co-owners metaphysical channel, Ann Marie Skordy and artist, Dana Sardano are pleased to announce the opening of Ubuntu Fish Gallery, an artists' gallery created by artists for artists.

Ubuntu Fish offers individual and group spiritual readings and hosts a variety of workshops and events designed for the development of spiritual and creative gifts including painting, holistic wellness, crystal, and meditation workshops.

This fall be surrounded by intuition and creativity each Friday at Happy Hour with the Intuitives from 5 to 7 p.m. On Sundays, enjoy pet readings and connect with your critters at Your Pets Speak from 10 a.m. to noon and 2 p.m. to 4 p.m.

You are invited to their Grand Opening Gallery Reception on October 12 from 5:30 p.m. to 8:30 p.m. Meet featured artist, Christine Regina and workshop facilitators, enjoy artwork, mini card readings, giveaways, entertainment, and light refreshments.

"What we have learned through our own personal journeys is that spiritual connectedness and creativity go hand in hand. One may argue which came first, the chicken or the egg, but we contend that it doesn't matter. What does matter, however, is that these gifts flourish in tandem," says Sardano

Ubuntu Fish Gallery is located at 508 Osceola St. in Stuart. For more information, call 772-210-2931 or visit [UbuntuFishGallery.com](http://UbuntuFishGallery.com). Event Cost: Happy Hour with the Intuitives: Fall special \$10 per person, bring a friend for free. Pet readings: \$20 first pet, \$10 additional pet. See ad, page 20.

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## Reiki Certification Classes in Port Saint Lucie

Jennifer Maskol, Reiki Master, is pleased to offer a Reiki Level I class on September 14 at Scented Dragon in Port Saint Lucie. Reiki is a gentle, Japanese, energy-based technique that promotes healing and overall wellness. Reiki can be a personal tool for healing as well as an addition to massage therapy training, chiropractor work, acupuncture and other energy modalities.



Maskol will be offering ongoing, monthly reiki classes at Scented Dragon. All reiki levels will be offered, and class sizes are kept very small and personal. Classes are available to anyone who is ready to take the next step on their spiritual journey. Students will receive a manual, class instruction, the reiki attunement and practice time.

“Reiki helps to relieve stress and bring healing where it is needed,” says Maskol. “Being able to provide this service to the community is very exciting and rewarding. This is an opportunity for you to expand your awareness, raise your vibration and become a lightworker in the world.”

*The Scented Dragon is located at 6993 Hancock Drive, Port Saint Lucie. Cost: \$165 for Reiki Level I. For more information or to register, call 772-828-1476 or visit JenniferMaskolHealing.com.*

## Exploring the Food Plan Frontier Workshop

Terri Pinder, ARNP and owner of Intentionally Well, is pleased to announce a five-week program designed to guide you through the process of discovering the foods that harm you and the those that heal you. Exploring the Food Plan Frontier Workshop is for people who are challenged with symptoms including feeling overwhelmed, foggy or tired, struggling with mood, experiencing heart palpitations, anxiety or irregular bowels, unable to sleep soundly or just feeling off and knowing they could feel healthier.



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In this clinician-guided workshop participants will receive a medical intake including biometrics, measurements and a personalized supplement plan. It will include in-person learning, one-on-one coaching calls, Facebook Live Q&A sessions, and online learning to make it convenient and ensure success. Topics will range from self-care to macronutrients to guided food reentry.

“Nearly everyone sees some improvement in symptoms when they complete their food plan,” says Pinder. “Proving that all they needed to return to feeling like their old self was to change up the food they were eating.”

*Location: The Idea Garden at Pinder’s Nursery, 5500 SW Martin Hwy, Palm City. For more information and to register, call 772-214-1933 or visit IntentionallyWell.com. See ad, page 15.*



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## An Evening of Spirit Messages on the Treasure Coast

The Treasure Coast Medium, Tess Tetrault, is pleased to present an Evening of Spirit Messages on September 25 from 6:30 to 8:30 p.m. at Northgate Plaza in Stuart.

Tetrault's event connects attendees to the world of spirit and teaches about the signs that loved ones in spirit leave for the living. "Get answers to your most important life questions and learn to connect to divine guidance and your own spirit people," says Tetrault.

The event is a group experience and Tetrault will channel loved ones for an hour or more. Not everyone receives a personal message, but all will be touched by the spirit people who show up. The event is different each month.

Tetrault has connected thousands of people, both in the U.S. and abroad, to their loved ones in spirit for more than 15 years. She is also a Reiki Master and offers Past Life Regressions, classes, parties and more.

*Location: Northgate Plaza, 611 SW Federal Hwy suite K-1, Stuart. Cost: \$40 cash. Space is limited, please call 772 200-0016 for reservations.*



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## Treasure Coast Collaborative Law Group



Attorney Patricia Sciarrino and her colleagues, Portia Scott, Kristen Bishop and Alison Leffew, have formed the Treasure Coast Collaborative Law Group (TCCLG), a practice group of professionals dedicated to promoting peaceful resolutions of family law disputes.

A major benefit of the collaborative law process is enhanced communication between the couple throughout the process, which helps to lay the foundation for a healthier relationship during and after the divorce or conflict.

The group's members include attorneys, mental health professionals, financial professionals and mediators who assist couples in resolving their disputes out of court, while reducing stress and litigation costs. All members of TCCLG are specially trained in collaborative law and meet regularly to promote this method of dispute resolution in our area.

*For more information, please visit their website at [tcclg.com](http://tcclg.com). See ad, page 29.*

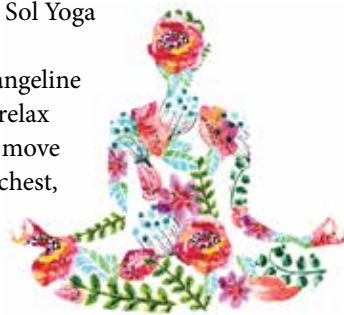
## Salt Cave Yoga Available in Sebastian

The Salt Cave in the Hair Tiki is pleased to host Luna Sol Yoga every Wednesday evening at 5:45 p.m.

The 45-minute practice led by Suanne Bishop and Evangeline Schober, uses meditation and pranayama (breathing) to relax the body and allow air to move more freely. Participants move through a gentle yoga flow using poses to help open the chest, which creates space to bring in the cleansing salt air which also improves lung capacity. The practice ends with relaxing and cleansing breathing exercises and savasana (final relaxation lying on the mat). "Finding balance between strengthening and stretching, effort and ease, yoga allows us to open for more inner space," says Bishop. "You leave feeling rejuvenated and grounded."

"Benefits of yoga in the Salt Cave are simple, the yoga practice focuses on breathing and relaxation while experiencing the benefits of salt therapy (halotherapy)," says Schober. "Salt Therapy is a natural anti-inflammatory, anti-microbial, anti-bacterial, holistic way to improve your health. Both are cleansing and relaxing, leaving you feeling rejuvenated."

*The Salt Cave at The Hair Tiki is located at 735 Commerce Center Drive, Suite B in Sebastian. For more information, call 772-228-8986. Register online at [LunaSolYoga.com](http://LunaSolYoga.com).*



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## health briefs

### Eat Vegan Without Compromising Stamina

For runners, food is fuel, and a new study lays to rest debates about which diet is best. Researchers at Leibniz University, in Hannover, Germany, recruited 76 men and women runners, divided equally between vegans, vegetarians and omnivores. They had an average age of 27 and ran recreationally two to five times a week. The runners were asked to pedal to exhaustion on a stationary bike, and researchers found that all three groups had similar exercise capacity and power output, and similar lactate production during exercise. The researchers concluded that vegan diets were “a suitable alternative for ambitious recreational runners.”

### Be a ‘Warm’ Parent to Extend Kids’ Lives



Cold or unsupportive mothering styles can harm a child's health into adulthood, Loma Linda University researchers have found. Compared to adults mothered in a “warm” style, adults that had been mothered in a “cold”

manner had an average of 25 percent shorter telomeres, indicating faster cellular aging, a shorter life span and greater susceptibility to disease. The study was based on follow-up blood samples of 200 adults originally enrolled in cohort studies of 130,000 people starting in 1976. Those that described their mothering as cold tended to be overweight or obese as adults, with less education. A father's parenting style had a much smaller effect and was not significant enough to impact telomere length, the authors found.

### Soak Up Rays for a Healthier Bowel

Regular exposure to sunlight decreases the incidence of irritable bowel disease (IBD) in children, researchers from the Australian National University report. They compared 99 children with IBD with 396 healthy children using interviews with parents to establish a database. For every 10 minutes of sunlight exposure a day on

average, there was a 6 percent reduction in risk, and 30 minutes a day reduced the risk by 20 percent. Also, children with deeper tans were at lower risk. IBD, which includes Crohn's disease and ulcerative colitis, has been shown in previous studies to be less common among people that live in sunnier places and closer to the Equator.



### Sleep Tight to Keep Ulcers at Bay

About one in 10 Americans develops painful peptic ulcers, open sores in the lining of the stomach and duodenum, that are sometimes caused by an overgrowth of the *Helicobacter pylori* bacteria. Drug therapy to eradicate the bacteria involving two antibiotics and one acid suppressant is usually successful, but about 10 percent of cases recur.

A key factor may be sleep quality, suggests a new study from the University of Hong Kong. Researchers followed 1,420 people that had been treated for peptic ulcers for three years. The ulcers recurred in 8.3 percent of them, and those that had poor sleep—including taking longer to fall asleep and waking more during the night—were significantly more likely to be re-infected. Longer total sleep times helped reduce infection recurrence.



# Skin Tightening and Body Contouring with New Technologies

by Dr. Deborah DeMarta

Today's state-of-the-art technology provides practitioners the ability to offer safe aesthetic procedures for patients experiencing excess fat and loose skin. Modalities are available that use a combination of both ultrasound and radio frequency technologies



to tighten skin, reduce cellulite, and provide facial and body contouring and skin rejuvenation for targeted areas. The synergy of these two technologies achieves a superior result than either technology used on its own for the improvement of wrinkles, fine lines, scars, acne scars, stretch marks, cellulite, skin laxity or circumferential reduction of arms, stomach and legs.

Cold ultrasound shear wave technology allows the practitioner to selectively target fat cells, while leaving surrounding tissue unharmed. This wave vibration disrupts fat cell membranes, leading to gradual breakdown and release of stored fat. Damaged fat cells are then disposed of by the body through the lymphatic system.

Radio frequency delivered with a massage ring is used to produce deep thermal heating to the tissue while increasing circulation within the subcutaneous tissue. This energy contracts collagen fibers within the skin and stimulates the formation of new collagen. The application of radio frequency heat energy following fat destruction induces a volumetric contraction effect, tightening the skin and improving its texture.

The unique combination of ultrasound and radio frequency reduces treatment time and the number of sessions. In addition, the ability to use deep heating of tissue at various depths within the skin, allows the practitioner the flexibility to target precise areas for optimal results.

Deborah DeMarta, MD, FACS, FAARFM is a board-certified Colorectal Surgeon who specializes in Integrative, Functional, Anti-Aging and Aesthetic Medicine. She provides aesthetic enhancement using the Accent Prime by Alma Lasers. The Institute of Health & Wellness is located at 218 Atlanta Avenue in Stuart. For more information, call 772-539-9556 or visit [InstituteHealthWellness.com](http://InstituteHealthWellness.com). See ad, page 45.

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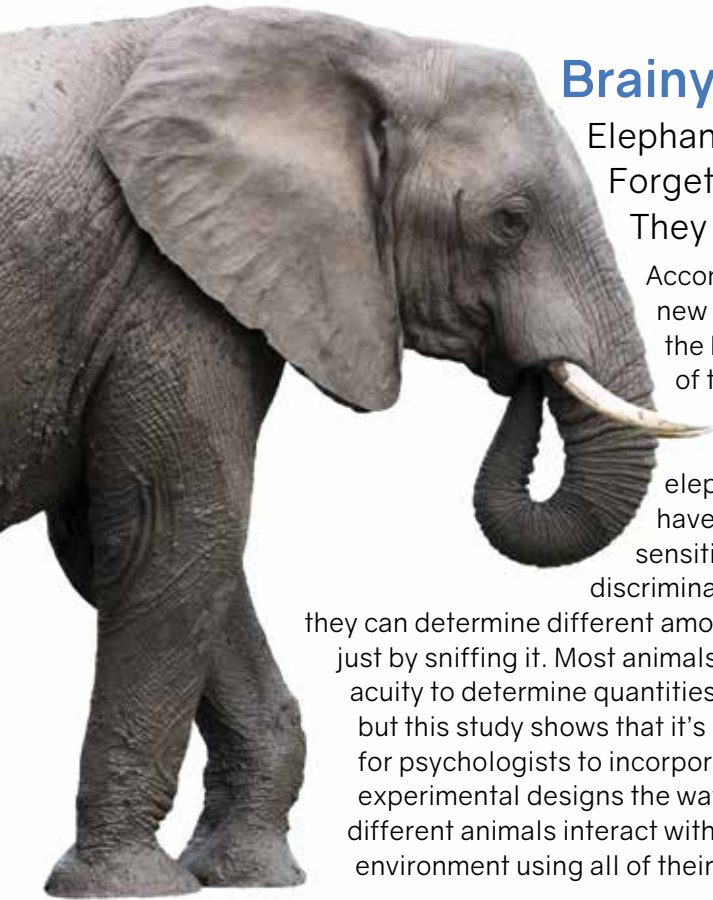
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## Brainy Beasts

Elephants Never Forget—What They Smell

According to a new report from the Proceedings of the National Academy of Sciences, elephants have such sensitive olfactory discrimination that they can determine different amounts of food just by sniffing it. Most animals use visual acuity to determine quantities of food, but this study shows that it's important for psychologists to incorporate into experimental designs the ways in which different animals interact with their environment using all of their senses.

## Cola Quandary

Companies Urge Vietnam

Recycling Plans

Vietnam is among the biggest contributors to plastic waste in the ocean, and Suntory Holdings, a giant Japanese beverage company, has joined its rivals Coca-Cola and Nestlé to encourage



new recycling strategies to fend off such actions as the European Union's move toward outlawing single-use plastic items. A report by Greenpeace last year found Coca-Cola, PepsiCo and Nestlé to be the world's biggest producers of plastic trash, although all three companies have made recycling pledges. Suntory, a maker of whisky and soft drinks, says it plans to switch out pure, petroleum-based plastic bottles in all markets by 2030, using only recycled or plant-based materials, at a cost of approximately \$467 million, but also says it sees no viable alternative yet to polyethylene terephthalate (PET) bottles.

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## Deathly Air

### Pollution More Deadly Than Cigarettes

Toxic air is killing more people in Europe than tobacco smoking, according to new research published in the European Heart Journal. The number of early deaths caused by air pollution is double previous estimates and the lives of 800,000 people worldwide are cut short by an average of more than two years, the scientists calculated. Although air pollution enters through the lungs, its impact via the bloodstream on heart disease and strokes is responsible for twice as many deaths as respiratory diseases. Penny Woods, chief executive of the British Lung Foundation, says, "Toxic air doesn't just cut lives short. It also seriously affects the health and quality of life of millions of people."

## Trees Please

### Rain Forest Dwindling



The Amazon Rain Forest continues to lose habitat for animals and plants by clear cutting practices that add to the burden of climate change. According to

satellite imaging data compiled in 2018 by Global Forest Watch and analysts at the University of Maryland, removing large patches of forest to make room for ranching caused the highest loss of forest cover overall, along with other commercial activities like mining and soy production.

The World Resources Institute, which tracks global forest cover, reports deforestation is increasing in Brazil, Indonesia, Colombia, Peru and Bolivia. Large swaths of forest serve as carbon sinks, helping suck excess carbon emissions from the atmosphere. Brazilian President Jair Bolsonaro has promised to open the Amazon for industry and recently slashed funding to environmental and science research groups.



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# SAVING BEES WITH MORE HABITAT, FEWER PESTICIDES

by Julie Peterson

South Brevard Beekeepers (SBB) and Treasure Coast Beekeepers Association (TCBA) are helping Florida bees survive by providing education, encouragement and mentoring to local beekeepers and others with interest in bees. These services are needed now more than ever because pollution, pesticides, climate change, urbanization, invasive plants and agricultural land use are all working against the bees.

While Florida has approximately 300 species of bees, it's the honey bee that provokes the most curiosity, interest and monitoring. Unfortunately, some of that monitoring has gone away due to recent budget cuts that resulted in a decision by the USDA to suspend its annual honey bee counts.

"While simply counting bee colonies has no direct effect on their survival, these numbers are determinative for public policy, including action on climate change, insecticides, research and crop management," says SBB president, Stuart Rowan.

Honey bees are still being counted, thanks to voluntary reporting by beekeepers. The numbers go to the Bee Informed Partnership (BIP), a nonprofit organization in College Park, Maryland, that is a collaboration of leading academic honey bee research facilities and amateur and commercial beekeepers across the U.S. Researchers analyze the data and report results on the managed hives.

From April 2018 to April 2019, BIP reported that managed apiaries had a loss of 40.7 percent of all managed hives.



"While this represents just 2.9 percent above the normal annual losses, the numbers of colonies lost for the winter months was up nearly 7 percent. While most Beekeepers can absorb these losses through better management practices, it remains important to monitor these trends," says Rowan.

It's not just honey bees that are declining. In 2018 the EPA approved the emergency use of sulfoxaflor (considered "very highly toxic" to bees) on more than 16 million acres of crops. The approved spraying was on crops known to attract honey bees and other pollinator species.

Bees being harmed for the sake of crops may seem paradoxical, because without enough pollinators, many food crops will suffer or fail. The answers, it seems, may lie with the actions of individual citizens who can work to make changes in societal norms.

"Not everybody wants to or can be a backyard beekeeper, but everybody can do

their part to save the bees," says Michael Harrell, president of TCBA.

Harrell points out that most people are unaware of the habitat bees require or the large number of different species that exist. To help all bees, people need to learn about these habitats and stop destroying them. In addition, stopping the use of pesticides is essential. These steps will allow pollinator friendly landscapes to exist.

"Lawns don't need to be 'perfect.' Keep things wilder, add local plants and flowers that pollinators need. The Florida Wildflower Foundation is a good place to find local plants and flowers for pollinators," Harrell says.

The more people learn about bees, the more awareness there will be about protecting habitats, discouraging pesticide use, planting beneficial landscapes instead of monoculture turf lawns and perhaps turning the tide toward an increase in bees. In the meantime, honey bees will be voluntarily counted and studied.

"In many ways, honey bees are the proverbial 'canaries in the coal mines.' We have often heard that as the honey bee goes, so goes mankind. It may be that it is the loss of billions of pounds of biomass that goes unreported that will be the tipping point in food chain production that changes our ability to feed our planet," says Rowan.

*Treasure Coast Beekeepers Association usually meets the third Wednesday of every month at the IFAS Hurricane House, 8350 Picos Rd, Fort Pierce. Contact honey@andhives.com or tcbekeeper@gmail.com for more information.*

*South Brevard Beekeepers meets the second Tuesday of every month at the Christian Development Center, 343 Nail St NE, Palm Bay. southbrevardbeekeepers.com. Contact sturow@aol.com for more information.*

*For more information on Bee Informed Partnership, see BeeInformed.org.*

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## event spotlight

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The Vendor Village and Artist's Alley are free and open to the public from 10 a.m. to 5 p.m. offering an assortment of products for healthy and mindful living as well as art. There will be a Glow Party Saturday night and live music as well as the festival's Kid's Zone, Healing Zone, and Fun Zone. Plus, feel the rhythmic beat from DJ tunes, soul inspiring sounds, Kirtan, drum and acoustic live music. Entry tickets provide attendees access to over 60 classes and

workshops taught by local and international teachers from all over the world, as well as the Spa Zone and Festival Glitter Zone.

Whether you are brand new to yoga or a seasoned yogi, come prepared to enjoy classes for all levels and different styles. Classes include beginner, intermediate and advanced in yoga, belly dancing, acro yoga, trapeze, aerial, and meditation, stand up paddle boarding and more. Bring water, yoga mat and any props you prefer. Kid's classes are free for ages 12 and under and their parents.

"Discover the joy of yoga, movement, flow arts and dance in a safe and fun environment. Something magical happens when we go into the great outdoors. I am on a mission to bring yoga to all and help you connect with nature," says event founder Samantha Grout.

*Location: Registration opens at 8 a.m. on Saturday and Sunday. Visit [YogaFunDay.com](http://YogaFunDay.com) to view and download the schedule. Kids 12 and under free. 1-day, 2-day, and VIP entry tickets available. Glow Party tickets \$20, \$25 at the door. For more information, visit [YogaFunDay.com](http://YogaFunDay.com) or email [YogaFunDay@gmail.com](mailto:YogaFunDay@gmail.com). See ad, page 27.*

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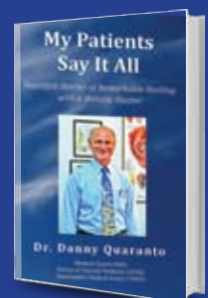
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During stress, the body is primed to resist or escape a threat, and ... it's not going to prioritize restorative activities.

~Margaret Connolly

chronic state of “fight-or-flight”, which compromises cardiovascular health, nutrient absorption, waste elimination and immunity. Thanks to groundbreaking researchers like Nobel laureate Elizabeth Blackburn, it is now understood that prolonged daily stress weakens DNA structures by shortening chromosome-protecting telomeres, a major component in premature cell death and the trigger of genetic, predisposed markers for disease.

MoreVector/Shutterstock.com

# Age-Defying Bodywork

## How to Turn Back the Clock

by Marlaina Donato

It has been said that stress kills, and it often can be a slow and premature process, leading to common but avoidable symptoms of decline: impaired memory, loss of mobility, fatigue and decreased libido. Good nutrition, getting enough sleep and staying active contribute to vitality; however, fortifying the nervous system is critical to combating age-accelerating stress hormones like cortisol.

The key to keeping body and mind young may lie in the therapeutic modalities of bodywork, an umbrella term for up to 350 methods that include massage, energy work and meridian-based therapies like acupuncture, shiatsu and reflexology, which can improve quality of life and promote cellular integrity. Once considered a luxury confined to spas and private home

sessions, bodywork is moving into the medical mainstream with reputable hospitals like the Memorial Sloan Kettering Cancer Center, in New York City, which offers reiki sessions and instruction for patients and caregivers.

According to a survey by the American Hospital Association, reiki and its close cousin Therapeutic Touch comprise one of three top complementary therapies in American hospitals, along with massage therapy and music. The Arthritis Foundation recommends massage for all types of arthritis and pain syndromes like fibromyalgia, as it can reduce discomfort and stress.

### The Chemistry of Premature Aging

Busy lives without enough downtime can set up the body to be in a

Studies by Dr. Owen Wolkowitz, of the University of California, San Francisco, demonstrate the link between shortened telomeres and insufficient response to free radicals, resulting in chronic inflammation, now believed to be the catalyst of most degenerative diseases. Psychological stress, according to research published in *Proceedings of the National Academy of Sciences* by Sheldon Cohen of Carnegie Mellon University, in Pittsburgh, changes how the body regulates inflammatory response.

“Stress and inflammation cause pain and disease,” says Certified Reflexologist and holistic practitioner Martha Garland, of CreativeSpirit Healing Arts, in Baltimore. “All of this that we carry in our bodies will make us feel much older than our years.”

Through application of pressure on specific reflex zones on the feet, hands and ears, reflexologists like Garland can help promote the natural flow of bodily



functions. "Reflexology, a modality that is separate from massage therapy, reduces the tension, stress and pain that we hold in our feet and in the rest of our body, which can promote longevity and better quality of life," she says.

Certified craniosacral therapist Margaret Connolly, of Narberth, Pennsylvania, agrees that mental or emotional strain plays a key role in the aging process. "During stress, the body is primed to resist or escape a threat, and in that situation, it's not going to prioritize restorative activities," she says. Craniosacral therapy (CST) focuses on the cerebrospinal fluid and the meninges surrounding the brain, spinal cord and related connective tissue, and helps the body drop out of excessive fight-or-flight mode.

## Pain, Serotonin and Substance P

Bodywork and its ability to impact the chemistry of stress has far-reaching effects on most bodily systems. Studies in 2016 from the Touch Research Institute at the University of Miami School of Medicine have shown that massage therapy helps to regulate hormones, boost immunity, improve attentiveness and ease the symptoms of depression.

Licensed Massage Therapist Michele Duncan King, of Sea Spell Massage, in Cannon Beach, Oregon, knows firsthand how her work can assist in counteracting the energy-sapping effects of stress. "When the digestive system doesn't go into the 'rest-and-digest' state via activation of the parasympathetic nervous system, it can affect muscles, joints, organs and hormones. This, along with elevated cortisol, can certainly make us function less optimally, making us feel older and less vibrant."

Traditional massage modalities such as Swedish, deep tissue, Thai and Lomi Lomi help reduce blood pressure, boost immunity by augmenting natural killer cells, decrease symptoms of depression and support the cardiovascular system. It can also assist lymphatic movement, which can prevent cold hands and

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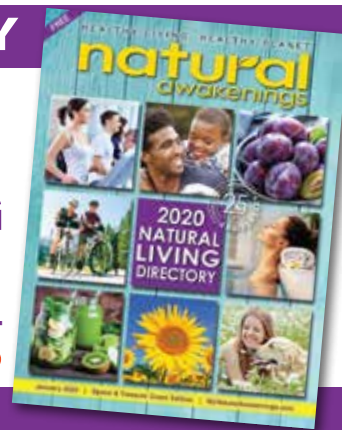
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feet and achiness. Massage also raises serotonin and dopamine levels, neurotransmitters that play vital roles in memory, mood regulation and immunity.

Most significantly, higher serotonin levels are linked to lower levels of substance P, a neuropeptide that is central in pain perception. It soars during times of stress, anxiety and insufficient sleep, and has also been linked to tumor growth and inflammatory conditions.

## Multidimensional Well-Being

Bodywork can assist the physical body, but it can also be a restorative balm for the emotions and psyche. “As human beings, touch is so important. Massage modalities invite safe, healing touch,” says Anita Bondi, licensed massage therapist and a founder of the Wellspring

Holistic Center, in East Stroudsburg, Pennsylvania. “A good therapist will also educate a client about other benefits of a more holistic lifestyle. I believe any time we give ourselves permission to listen to the body’s wisdom and follow its lead, we reduce stress and increase well-being.”

While women are more apt to include bodywork sessions in their health care, men can be hesitant. Connolly encourages both women and men to experience CST and other modalities. “Sometimes men are a bit nervous about being touched, whether the practitioner is male or female. Even when open to hands-on therapy, some men believe extremely deep pressure is needed in order to be effective.” Not so, says Connolly, who cites the experience of Mark Bertolini, CEO of the Aetna health insurance company, who credits CST with saving his life when he

As human beings,  
touch is so important.

~Anita Bondi

was contemplating suicide and suffering severe neuropathic pain from a skiing accident.

## Menopause and Cognitive Function

CST can also have an impact on women’s hormonal changes. “Very slight movement of tissues near the pituitary gland can exert a subtle pumping motion on the master gland in a way that will facilitate its ability to produce and release hormones,” explains Connolly.

The therapy is sometimes used in conjunction with acupuncture, which also impacts hormones and works on the brain. A 2018 study by Chinese researchers published in the journal *Evidence-Based Complementary and Alternative Medicine* shows neuronal improvement through acupuncture in both cognitively impaired patients and healthy individuals.

## Tools for Life

Most practitioners believe that deriving benefits from bodywork requires consistency, which can support longevity in unexpected ways. Garland says, “What really makes a difference in reducing chronic stress is consistent stress reduction. One session occasionally will feel good and reduce tension temporarily, but will not make a major difference in reducing stress in the long term.” King agrees: “A massage once a month is my recommendation for ideal overall maintenance, and more frequent sessions for specific conditions or goals.”

Research and results confirm that well-being is not a luxury, but a necessity, and puts to rest the idea that bodywork is a guilty pleasure. “The more we do to help ourselves, the better our lives will be as we age,” says Bondi.

*Marlaina Donato is certified in massage and bodywork, and is the author of several books. Connect at [AutumnEmbersMusic.com](http://AutumnEmbersMusic.com).*

# Highlighting Bodywork Benefits

## For Her:

- Shiatsu and acupuncture for hormonal imbalance, insomnia, migraine headaches, irritable bowel syndrome
- Swedish, deep tissue and aromatherapy massage for stress reduction, premenstrual syndrome, pain, food cravings
- Craniosacral therapy for headaches, back and joint pain, morning sickness, postpartum wellness
- Maya Abdominal Massage (Arvigo techniques) for reproductive health, fertility, bladder health, constipation
- Reflexology for healthier skin, food sensitivities, seasonal allergies, overactive bladder

## For Him:

- Shiatsu and acupuncture for back pain, office-related pain syndromes, gout and inflammatory bowel disease
- Swedish, deep tissue and aromatherapy massage for cardiovascular and lymphatic circulation, blood pressure, depression, anxiety, better sleep
- Neuromuscular therapy, myofascial release, trigger point release and cross-fiber friction massage for supporting muscles of the male pelvic floor integral to the prostate, bladder and sexual health
- Craniosacral therapy for pain reduction, headaches, asthma
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In addition, a child's mental and physical health may also be affected by a developing and growing body whose metabolism is adapting and changing to the demand that chemicals and toxin loads put on their bodies. Choose organic food when possible or opt for foods on the *Clean Fifteen* list. The Environmental Working Group (EWG) releases a list each year which highlights the fruits and vegetables most contaminated with pesticides on the *Dirty Dozen*, as well as the best conventional choices on the *Clean Fifteen*. EWG also provides ingredient information for body products in their Skin Deep Guide. (ewg.org).

# Natural Solutions for the Distracted Child

by Dr. Ruth Rodriguez

**A**ttention deficit disorder diagnoses among children continue to rise every year. The Center for Disease Control and Prevention (CDC) reports that roughly 6.1 million American children in 2016 were diagnosed with Attention-Deficit/Hyperactivity Disorder (ADHD), a 38.6 percent increase since 2003. There is not a test to diagnose an attention disorder (with or without hyperactivity), in fact, many other problems, such as sleep disorders, anxiety, depression, and certain types of learning disabilities, can have similar symptoms. Many of these can result in behavioral problems at school.

## Emotional Health

To determine the source of your child's behavioral issues, start by considering emotional health factors including self-esteem and peer relationships. Some children process negative emotions while others may internalize them as traumas resulting in behavioral issues. Children experiencing bullying or peer alienation also may act out or withdraw. Seeking help from a qualified behavioral therapist may be beneficial.

## Avoid Toxins

Examine the daily intake of food, water, and vitamins that your child consumes.

## Avoid Food Coloring and Preservatives

According to the Mayo Clinic, certain food colorings and preservatives may increase hyperactive behavior in some children. Avoid foods and drinks with sodium benzoate (carbonated drinks, salad dressings, fruit juice products), FD&C Yellow No. 6 (sunset yellow: breadcrumbs, cereals, candy, icing, soft drinks), D&C Yellow No. 10 (quinoline yellow: juices, sorbets, smoked haddock), FD&C Yellow No. 5 (tartrazine: pickles, cereal, granola bars, yogurt), and FD&C Red No 40 (allura red: soft drinks, medications, gelatin desserts, ice cream).

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## Avoid Potential Allergens

Food sensitivities and allergies can often result in symptoms associated with attention disorders. You can experiment by avoiding common trigger foods and ingredients including: chemical additives/preservatives such as BHT (butylated hydroxytoluene) and BHA (butylated hydroxyanisole) often found in potato chips, chewing gum, dry cake mixes, cereal, butter, and instant mashed potatoes; food containing salicylates, a chemical occurring naturally in plants such as berries, apples, grapes, tomatoes and more and often found in many pain medications; as well as milk, eggs, chocolate, and food containing dairy or gluten.

## Herbs and Supplements

It is best to have a doctor's supervision when adding herbs and supplements. A doctor can order a blood test to measure current levels of a nutrient to determine if there is a deficiency. Consider supplementing with zinc, L-carnitine, vitamin B-6, and magnesium. Plant-based remedies such as ashwagandha, frankincense, vetiver, sandalwood, and lavender can help concentration and decrease hyperactivity and nervousness symptoms. Increase their fruit and vegetable intake, limit junk food, and encourage more water consumption daily. Supplementing with omega 3 supports brain health and incorporating a low-carbohydrate, gluten-free diet can improve gut health leading to a reduction in behavioral issues.

## Spend Time Outside

Spending just 20 minutes outside can benefit children and improve their concentration. Look for activities that immerse them in a green and natural setting.

To make the best choice for your family, find a holistic pediatrician, ask questions and become informed on the optimal solution for your child. Parents are the best health advocate for their child and are the gatekeeper for what their child eats and takes internally for the majority of a child's young life.

*Dr. Ruth Rodriguez is a board-certified osteopathic pediatrician with over 24 years of experience using both traditional, western medicine and natural holistic remedies for children. She offers consultations and telemedicine. For more information, call or text 321-427-6538 or visit [NaturalSolutionsWithDrRuth.com](http://NaturalSolutionsWithDrRuth.com). See ad, page 9.*

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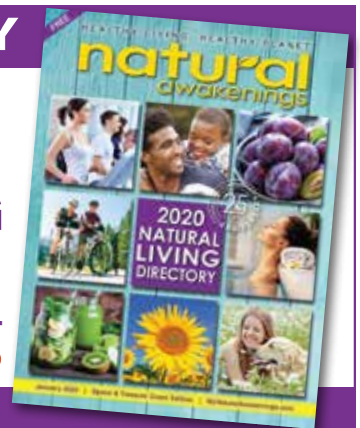
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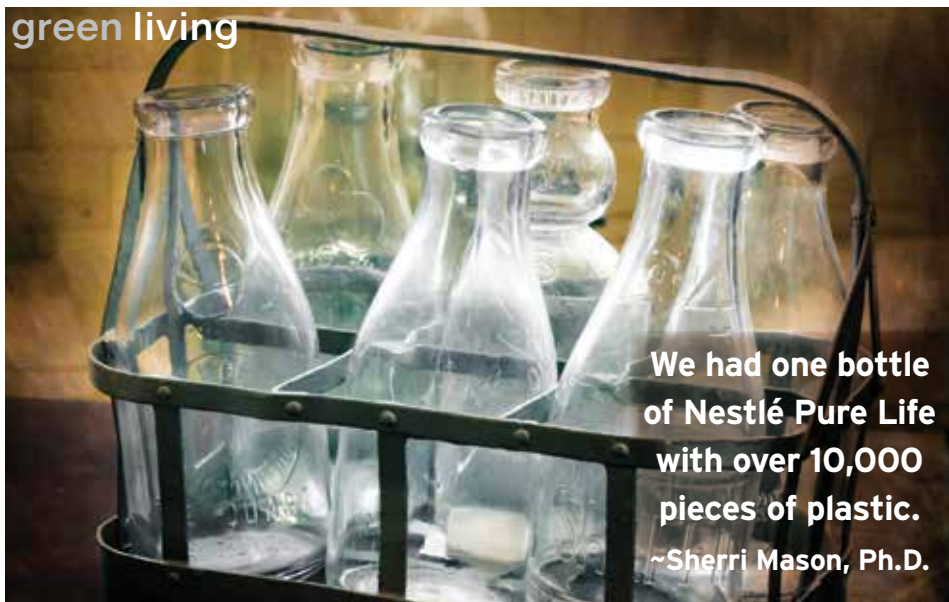
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of Nestlé Pure Life  
with over 10,000  
pieces of plastic.  
~Sherri Mason, Ph.D.

# The Re-Use Revolution

## Plastics Peril Drives New Strategies

by Yvette C. Hammett

Daily news footage and photos capture the damage plastic is doing to the planet's oceans: turtles ensnared in plastic nets, whales with guts full of plastics and aerial views of the burgeoning island of floating detritus known as the Pacific Garbage Patch. Tiny pieces of plastic are even showing up in our food and drinking water.

The growing plastics crisis has some people yearning for the days when soft drinks and beer all came in reusable containers that required a deposit, or when milk and cream were delivered to the front porch in quaint, glass bottles. Sherri Mason, Ph.D., sustainability coordinator at Penn State Behrend, in Erie, Pennsylvania, believes this is exactly the direction this issue may take. "I do think some of it will be a return to glass," she says.

Mason conducted a study in 2018 and discovered that bottled water contained tiny bits of microplastic. An earlier tap water study she conducted showed there were about five particles of plastic in a liter of tap water, if averaged across the globe. "We thought that would shock people into demanding change. Instead, a lot of the comments were to drink more bottled water."

In the 2018 study, Mason and her team, then at the State University of New York

at Fredonia, tested 259 bottles of water from nine countries that included all the top brands in the U.S.—Dasani, Aquafina and Nestlé Pure Life, among them. "On average, for every liter of bottled water in total, you would be ingesting 325 pieces of plastic. We had one bottle of Nestlé Pure Life with over 10,000 pieces of plastic. These are the particles that can make their way across the gastrointestinal tract and be carried to your blood, liver, kidneys and brain," Mason says.

Analysis of the particles indicates that the plastics found in bottled water leach from the container itself, while the source in tap water may be PVC pipes and fittings. However, plastics are also ubiquitous in surface and groundwater, and may make their way into drinking supplies via air, wind, rain and industrial activity, according to an assessment published earlier this year in the journal *Current Opinion in Environmental Science & Health*.

After Mason's findings were released, the World Health Organization announced a review into the potential risks of plastic in drinking water. Meantime, the impact of plastic pollution on marine life—zooplankton, seabirds, marine mammals and reptiles throughout the food chain—is

well documented, according to a 2014 study published in the online journal *PLOS ONE*. The study estimates more than 5 trillion pieces of plastic, weighing somewhere near 269,000 tons, are floating in the Earth's oceans.

People are loudly calling for change, and innovators are responding. In the United Kingdom, there is the Plastics Pact, which brings together businesses from across the plastic industry to eliminate problematic or single-use plastics through redesign, innovation and alternative delivery models. A UK startup, Ooho, has created an edible water container made of seaweed to provide the convenience of plastic bottles while limiting the environmental impact.

Tom Szaky, the CEO and founder of TerraCycle, a Trenton, New Jersey, recycling company, is among those pioneering a rebirth of reusing with a pilot project launched in May called Loop. The company has partnered with Proctor & Gamble, Nestlé, Clorox and other major brands to deliver and retrieve products in durable, reusable containers, just like the milk man.

Consumers can order everyday items from the online Loop store—paying a deposit on the container—and UPS will deliver it to their doorstep, picking up empties to be washed, refilled and used again and again.

"Hundreds of products, from Tide to Häagen-Dazs to Tropicana, are being delivered," says Szaky. "It's growing very fast in New York, New Jersey, Pennsylvania, Maryland and Washington, D.C.; and we've just expanded to Connecticut, Vermont, Rhode Island, Massachusetts and Delaware—eventually nationwide."

The re-use revolution is also taking shape in 10 states and a U.S. territory that have passed "bottle bills": California, Connecticut, Hawaii, Iowa, Maine, Massachusetts, Michigan, New York, Oregon, Vermont and Guam. Typically, the laws require a deposit of 5 to 15 cents be placed on all glass, plastic and metal containers.

*Yvette C. Hammett is an environmental writer based in Valrico, Florida. She can be contacted at [YvetteHammett28@hotmail.com](mailto:YvetteHammett28@hotmail.com).*





**K**ee America Beautiful (KAB) was established in 1953 as a national nonprofit to inspire people to improve and beautify their communities. Today, the organization involves the work of more than 620 community-based affiliates that employ programs to improve recycling, end littering, and beautify communities. Several of these affiliates are in our area.

Locally, KAB affiliates follow the same mission to beautify communities, but many have public outreach volunteers working to inspire people to take part in beneficial and interesting programs that are specific to their corner of Florida.

The Keep Brevard Beautiful (KBB) affiliate has a “Litter Quitter” program, supported by the Brevard Zoo, that partners with local restaurants to reduce single-use plastics, plastic bags and Styrofoam. Local businesses that participate in the changes receive free marketing, discounts on sustainable products and networking opportunities.

Keep Indian River Beautiful (KIRB), has a thrift and craft store called “The

Upcycle It!” It started out as a reuse and exchange center but progressed to a unique shopping experience that provides upcycle ideas to create or re-purpose items into art. The store relies on people to donate items they don’t wish to end up in a landfill, in addition to crafting supplies. The eclectic mix of items are sold to be refurbished or repurposed in some way. The proceeds are used to support KIRB’s other programs.

Volunteers and groups can adopt-a-street or adopt-a-beach to keep clean of litter through Keep Martin Beautiful, among many other events and ongoing programs such as monofilament recycling stations and a student-run organization, called Students4H2O, which believes every individual matters and a sustainable community will in turn lead to a sustainable planet.

Each local affiliate of KAB has programs and events to assist in keeping Florida beautiful. Perhaps the largest, involves people the world over.

On Saturday, September 21, many affiliates of KAB are partnering with

Ocean Conservancy’s International Coastal Cleanup (ICC). The ICC began more than three decades ago, when communities collected and documented the trash along their coastlines.

Maraniss and O’Hara, in conjunction with local officials, businesses and volunteers, held the first event to pick up trash and record each item. The hope was to identify ways to eliminate ocean trash in the future.

Now, volunteers throughout the U.S. and more than 100 countries come together each year to participate in the ICC by working with a Cleanup event near them. The results of 30 years of Cleanup events include more than 12 million volunteers collecting over 220 million pounds of trash.

It’s not just the recycling and cleanup events that will make a difference to the environment, to myriad land and sea animals and to the future of human health—it’s also our daily personal decisions. Whether it’s holding onto trash until the proper recycle bin is located, learning how to create a lagoon-friendly lawn, finding out about sustainable alternatives to plastic, getting involved in a community project or taking part in a global cleanup, there is room for everyone to step up and help keep our part of America beautiful.

*To find your local affiliate of Keep America Beautiful and see what else is happening in Florida, see [KeepFloridaBeautiful.org](http://KeepFloridaBeautiful.org) or call 321-543-4582.*

*For more information on the September 21 International Coastal Cleanup see [OceanConservancy.org/trash-free-seas/international-coastal-cleanup/](http://OceanConservancy.org/trash-free-seas/international-coastal-cleanup/).*



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# Ayurvedic Cooking

## Ancient System Restores Balance

by April Thompson

“In Ayurveda, food is medicine,” says Susan Weis-Bohlen, the Reisterstown, Maryland, instructor and author of *Ayurveda Beginner’s Guide: Essential Ayurvedic Principles and Practices to Balance and Heal Naturally*. “How we feed ourselves is the first line of disease prevention and longevity.”

First developed in India some 5,000 years ago, Ayurveda is one of the world’s oldest medical systems. It works to rebalance mental and physical health in coordination with mind-body energy types called *doshas*. The primary ones—*Vata*, *Pitta* and *Kapha*—correlate to the five elements of space, air, fire, earth and water, and can fluctuate over time.

An Ayurvedic diet can help address dosha imbalances and optimize health and well-being. New York City chef, restaurateur and author Divya Alter embraced Ayurveda while suffering from an autoimmune disorder that conventional medicine couldn’t cure. “Food was instrumental to my healing,” she says.

### Eating in Season

“Ayurveda is about living in harmony. Eating seasonally and locally, you not only get the most nourishment, but also rekindle your relationship to food and the environment,” says Nishita Shah, of The Ayurvedic Institute, in Albuquerque.

“In Ayurveda, we look to seasons to determine what to eat based on what is naturally available, like eating light juicy fruits in summer rather than the heavy root vegetables abundant in winter,” notes Weis-Bohlen.

Spices and herbs have powerful healing properties that can be combined in different ways to balance doshas in tune with the seasons. “In winter, use warming spices like ginger, cinnamon or chilies, and in summer, season with cooling spices like coriander and fennel, or fresh herbs like cilantro,” says Alter.

### Ayurvedic Prep Tips

Proper combination and selection of ingredients are a critical component of

Ayurveda, according to Alter, author of *What to Eat for How You Feel: The New Ayurvedic Kitchen*. She says, “Well-prepared food is easy to digest and protects *prana*—the food’s living force or energy—so it can nourish and energize.”

Ayurveda also focuses on the “six tastes” ideally present in every dish: sweet, sour, salty, astringent, bitter and pungent. “Western cuisine has a strong salty and sweet bias. Health issues arise from an imbalanced palate,” says Shah.

Alter adjusts taste profiles according to the season and the individual’s dosha. “Bitter foods can be very cleansing and help eliminate winter sluggishness. More pungent foods are good in the spring, when the body may feel congested and heavy after winter,” she says.

To address diners’ differing doshas at her restaurant, Divya’s Kitchen, Alter focuses on seasonal dishes that incorporate all six tastes. “By definition, these are tri-doshic foods which can balance all three dosha types.”

Good tri-doshic foods include asparagus in spring, berries in summer and root vegetables in winter. “Cooked leafy greens can also be tri-doshic,” says Alter, adding that spices can tweak the natural dosha effect of a given food.

### Ancient Cooking for Modern Lifestyles

Ayurveda’s rules of the kitchen—such as avoiding cold, raw, processed or microwaved foods, not combining fruits with other foods, and making lunch the heaviest meal of the day—can run counter to the typical Western diet, but with time, Ayurvedic cooking can become intuitive.

Ayurvedic meals don’t need to be complicated or challenging to prepare. “A simple apple or plain rice can nourish us,” says Shah. One of Alter’s favorite recipes is an apple or pear stewed with cloves, prepared and eaten first thing in the morning to stimulate the digestive system. Plain almonds are another good protein snack, especially in aiding digestion when soaked and peeled, she advises.

*Natural Awakenings* recommends using organic, non-GMO (genetically modified) and non-bromated ingredients whenever possible.



A “Buddha bowl” packed with colorful, sautéed vegetables, lentils and a grain like quinoa, barley or millet makes for a simple, nourishing, well-balanced meal, says Shah. “I try to add just enough spice to enhance the flavor, while still being able to taste the sweetness of a carrot or the bitterness of chard.”

A cook’s mindset is as important as the meal itself, say Ayurvedic practitioners. Alter believes mindfulness while cooking and eating not only enhances our experience, but also our digestion.

Ayurvedic cooking should be fun, ignite curiosity and taste great—not feel restrictive or lack flavor, says Shah. “Food should bring joy, and bring us back in tune with our bodies. Our bodies are smart and will tell us what they need.”

*April Thompson is a freelance writer in Washington, D.C. Connect at AprilWrites.com.*

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As a Certified Ayurveda Practitioner and yoga instructor, Stephanie Testa helps people find balance in their lives through yoga, healthy lifestyle, Ayurveda treatments and herbs.

## The Beginner’s Ayurvedic Kitchen

The rules of Ayurvedic cooking can seem overwhelming, but there are simple ways to start aligning our diet with its principles. “There is a profound knowledge behind Ayurvedic cooking, but the methods of preparation are easy; you don’t need to be a skilled chef,” says chef, restaurateur and author Divya Alter.

“One portion of food should fit in your hands when cupped together,” says Nishita Shah, of The Ayurvedic Institute. “Any more is going above and beyond what the body needs and can handle.”

“Energetic imbalances can fluctuate, so what you need now doesn’t have to be what you eat for the rest of your life,” says Alter.

Shah uses color to guide her cooking, declaring a dish done when its greens are at peak vibrancy.

Alter stresses eating according to the strength of your digestion. “Someone with a fiery or strong digestion may need to eat heavier foods and more frequent meals.”

Cooking with fresh, high-quality and ideally, organic ingredients is key. Food should be prepared soon after purchase and consumed soon after preparation to maximize flavors and nutrition.

Ayurvedic cooking enhances natural flavors, while optimizing digestion, nutrient absorption and waste elimination. “How you experience food after a meal is just as important as how you feel while eating it. Deep frying, charring or cooking at high temperatures makes food hard to digest, overheats the liver and causes acidity,” says Alter.

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# Simple Ayurvedic Recipes



## Vegan Mung Bean Burgers

Recommended for Kapha,  
Vata and Pitta

Yields: 8 to 10 burgers

1 cup dry mung beans  
¾ cup quinoa  
1 medium onion, chopped  
6 cloves garlic, chopped  
1 large bunch basil, finely chopped  
1 cup flat leaf parsley chopped  
1 Tbsp finely chopped green chilies (optional)  
1 Tbsp coconut oil  
½ cup almond or chickpea flour  
1 tsp cumin  
1 tsp coriander  
1 tsp turmeric  
2 Tbsp chia seeds  
2 Tbsp flax seeds  
1 tsp Himalayan salt  
1 tsp pepper  
½ cup egg substitute

Soak the mung beans overnight or for up to 8 hours in enough water to cover them by several inches.

Drain the mung beans in a colander and give them a good rinse. Cook the beans in a large pot with enough water to cover them for 25-30 minutes or until beans are al dente. Drain any remaining water in the pot and mash the beans by hand or

use a food processor breaking them into smaller pieces but leave some whole for texture. Set aside.

Cook the quinoa in a medium size pot with enough water to cover them. Drain any remaining liquid using a colander. Add the quinoa to the mashed mung beans.

In a skillet, lightly sauté the chopped onions and garlic in coconut oil.

Add the remaining ingredients to the mung bean mixture adding the coconut oil at the end. This mixture should hold together when you form a patty. Form 8-10 patties, patting them out using your palm and shaping the edges with your fingers.

Heat a non-stick or cast-iron skillet and add cooking spray or oil of your choice. Cook the burgers over medium heat until both sides are golden brown or bake in preheated oven at 325 degrees until lightly browned.

Served on a whole wheat or gluten-free bun, lettuce or collard green for a wrap. Top with avocado, humus, or vegan mayo. Freeze any uncooked burgers for later use.

*Kimberly Shelpman, Certified Ayurvedic Practitioner and holistic healthcare professional, is located at Healing Elements Ayurveda, 1290 Highway A1A, Suite 102, Satellite Beach. For more information on Ayurveda or to schedule a consultation, call 321-600-4560 or visit [HealingElementsAyurveda.com](http://HealingElementsAyurveda.com).*

## Light Cucumber Gazpacho

Sattvic: Summer cooling effect — lowers Pitta, lowers Vata and has no effect on Kapha.

Yields: 3 to 4 cup servings

1 fresh leek  
1 clove minced garlic  
3 small cucumbers  
½ cup fresh Italian parsley, finely chopped  
1 lemon, juiced

1 cup vegetable stock, cooled  
1/4 c. olive oil  
1/2 tsp salt  
1/8 tsp cayenne if desired  
1/8 tsp black pepper ground

Using a stainless-steel steamer and a small saucepan of water, bring water to boil. Wash and slice the leek and place in steamer with 1 clove of minced garlic. Steam for 5 minutes, remove from the heat.

Wash, peel and chop cucumbers into large pieces.

Wash and finely chop fresh Italian parsley.

Place the leeks, cucumbers, parsley, and garlic in the blender, blend until smooth.

Add lemon juice, vegetable stock, olive oil, salt, cayenne (if desired) and black pepper.

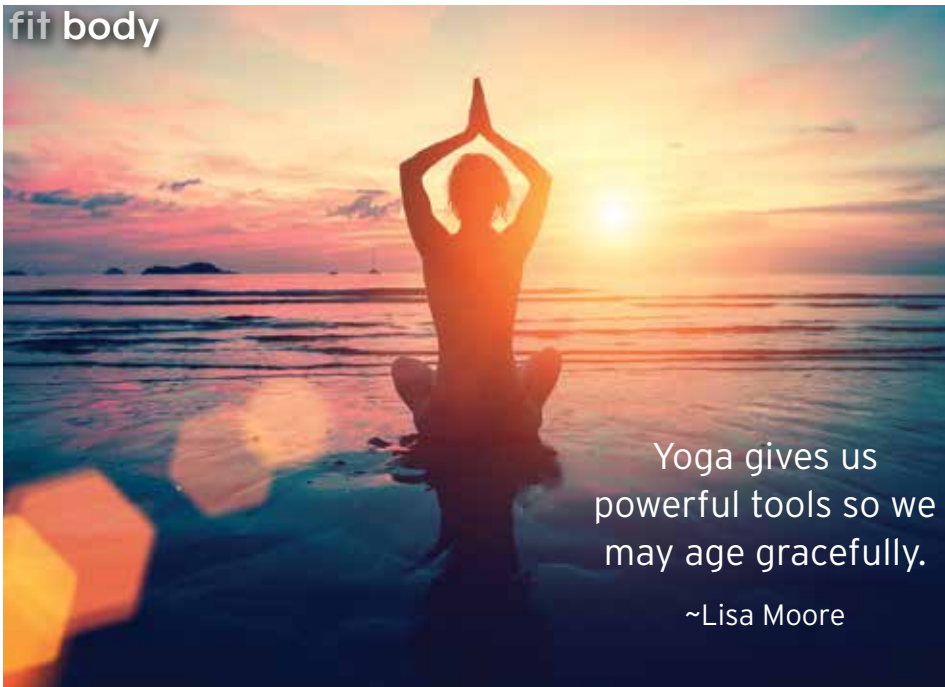
Blend for about 20-30 seconds. Adjust spices for taste. Chill to serve cool.

*Stephanie Testa, MA, is a Certified Ayurveda Lifestyle Consultant and Practitioner and yoga instructor practicing at Infinity Yoga and Wellness of Cocoa Beach. For more information on Ayurveda, additional recipes or to schedule an Ayurveda consultation, call 321-785-3232 or visit [InfinityYogaandWellness.com](http://InfinityYogaandWellness.com).*





fit body



Yoga gives us powerful tools so we may age gracefully.

~Lisa Moore

the heart and fortify red blood cells by increasing hemoglobin, guarding against blood clots, stroke and heart attack. Yoga can also strengthen the bones. A 2016 study published in the *International Journal of Yoga* shows improved bone mineral density in women with postmenopausal osteoporosis.

“Much like a house that sits empty or a car left to sit unused in a garage, our human parts can age and rot without movement. Movement creates more energy,” explains Nancy Poole, a teacher at Clarksburg Yoga and Wellness, in Clarksburg, Maryland.

Joints lose flexibility as we age, but yoga movement provides them with essential oxygen, blood and nutrients. Lisa Moore, owner of Free to Be Yoga, in Great Falls, Montana, underscores, “A joint needs to move through its full range of motion to function well. Movement helps lubricate and cushion joints, provides nutrition and removes wastes.”

### Stretching Into Joy

A 2014 hatha yoga study published in the *Journals of Gerontology* revealed increased cognitive function in older adults after eight weeks of yoga three times a week. Yoga’s super power lies in its capacity to reset the autonomic nervous system and ramp up mood-boosting serotonin while decreasing monoamine oxidase, an enzyme that disarms the effects of stress hormones like cortisol. Under the influence of yoga, the brain is bathed in calming neurotransmitters, combatting depression and anxiety, and instilling a sense of optimism.

“Yoga also helps us to embrace the hard times and ride the waves. With the tools that yoga provides, we can swim toward the light. It also helps us

# The Power of Yoga Tapping Into the Life Force

by Marlaina Donato

**L**ongevity is something most of us strive for, and increasingly, research shows that implementing a consistent yoga practice can be a fruitful investment toward that goal. Yoga is an eight-branch system of well-being that encompasses exercise, meditation, conscious breathing, diet and other elements, but how it effects mind-body fitness alone is proving to be a reliable defense against age-related loss of mobility, cardiovascular disease and depression.

Its stress-busting capabilities help to support challenged adrenal glands and lower elevated blood pressure. Getting on the mat can improve insulin sensitivity in diabetics and also help balance immune responses in individuals with autoimmune conditions or insufficient natural killer cells.

Combined research from 22 studies by the University of Edinburgh reveals that yoga, compared to both sedentary lifestyles and other forms of exercise such

as walking or chair aerobics, improved the lower-body strength and flexibility in individuals age 60 and older. The findings published earlier this year in the *International Journal of Behavioral Nutrition and Physical Activity* also showed improved quality of sleep and fewer symptoms of depression.

### Fewer Health Risks, Stronger Bones

Yoga’s inverted poses increase blood circulation to vital organs, including the intestines, which facilitates assimilation of nutrients and waste elimination. Asanas like shoulder stand, bridge and downward-facing dog stimulate blood flow from the lower extremities to



## September Is National Yoga Month

This marks the 10th anniversary of the designation by the U.S. Department of Health & Human Services. National Yoga Month was developed to raise awareness of yoga’s health benefits.

Each time we show up on our mats, we show up for ourselves, an opportunity to nourish the body, our one and only temple.

~Carmen Ferreira

to experience a more intimate relationship with body and soul, and in turn make better choices in all aspects of life,” notes Carmen Ferreira, owner of the Sunshine Barre Studio, in Rocky Point, New York.

Moore concurs, advising, “Yoga gives us powerful tools so we may age gracefully. One of them is to manage stress with equanimity.”

### The Breath of Life

Conscious breathing is at the core of a dedicated yoga practice, and a lowered risk of cardiovascular and respiratory disease gives us another reason to inhale and exhale deeply. Poole observes, “Our general population does not breathe correctly, and many of us even hold our breath unconsciously. For my students, the hardest part of yoga is learning to take deep, full breaths. Old breathing habits must be unlearned. Once attention is given to the breath, tensions can be released.”

“Yoga improves lung capacity and brings more energy to the cells, which in turn creates more energy and life force in our bodies,” says Ferreira. “It helps us to live from the heart’s center and foster a better quality of life,” she adds. “Each time we show up on our mats, we show up for ourselves, an opportunity to nourish the body, our one and only temple.”

Marlaina Donato is an author of several books and a composer. Connect at [AutumnEmbersMusic.com](http://AutumnEmbersMusic.com).



## Try This

Lisa Moore, owner of Free to Be Yoga, recommends:

**Breath exercise:** brahmari, or humming bee breath

**Benefits:** reducing anxiety

**How to do it:** Close eyes and gently plug ears with fingers. Breathe through the nose and hum softly upon exhaling.

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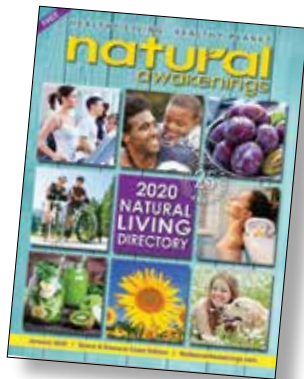
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## inspiration



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# FAIRY MAGIC

## Feeling Their Touch in Nature

by Maggie Hamilton

Many of us have long been curious about fairies, aching to see them as a child, to glimpse their world. Often, all our longing goes into wanting to see these astonishing beings, not realizing we've already met them.

Fairies live at the heart of creation, and daily they speak to us through our senses, setting them on fire. Know that every uplifting moment in nature—every blazing sunset that has moved us, every sprinkle of snow—is a glimpse of their healing presence, a glimpse of their world.

To enter into a profound relationship with fairies, first we must believe in them—we must make-believe. Sadly, many of us have lost access to their wisdom, their healing touch, because we're searching for funny little beings in pink tutus.

Fairies are the heart and soul of living nature. They speak to us through beauty, as it's a more healing language than our own. They whisper to us in the sound of the sea and the first appearance of buds in spring. We know when fairies are nearby, as we feel so alive. So hold these breathtaking moments close. Breathe them in. Ask intuitively, "What gift is here?"

To draw close to these powerful beings, we can learn to take note of every single

detail when we're in nature—even if we're in a small park in the centre of a city or an avenue of trees on our street. Silently greet these living presences. Note their colors and scents, the shape of their flowers and leaves. Study any rocks and stones here. There's something powerful about being seen, as all of these details draw us into connection.

Develop a relationship with trees. Discover which trees we are drawn to. Run our fingers over their bark. Note the bend and sway of their boughs. Pay attention to how they look at different times of the day, in different seasons and weather. Learn to greet these trees as we would an old friend, and only connect with them out of love, not out of neediness, as no one, not even fairies, likes needy.

Then, magically, all of this beauty and the story of each soul-stopping moment with nature's fairy caretakers will live inside us until we no longer feel separate from the web of life. That's when trees start to talk to us—when our soul soars to see a tiny blade of grass pushing its way up through the pavement.

*Maggie Hamilton is the author of the new Hay House book, Inside the Secret Life of Fairies: Where Dreams Come True.*



# calendar of events

## NEW CALENDAR FORMAT

SPACE COAST EVENT LISTINGS: PAGE 39  
TREASURE COAST EVENT LISTINGS: PAGE 42

**DEADLINE:** All listings must be received by the 10th of the month prior to publication. Calendar events must be submitted online at: [MyNaturalAwakenings.com](http://MyNaturalAwakenings.com).

### SPACE COAST EVENTS

#### WEDNESDAY SEPTEMBER 4

**Sacred Sound Immersion Mediation with Crystal Bowls** – 7-8:15pm. Immerse in the healing, balancing relaxing sound waves of the crystal bowls, Tibetan bells, ancient mantras, and drum. Sound has a profound power to focus the active mind and to clear and balance the body, allowing you to relax, detach and connect to the divine bliss within. Led by Susan Rizzo. \$15. Aquarian Dreams, 414 N. Miramar Ave. (Hwy A1A) Indialantic. Register online or call 321-729-9495. [AquarianDreams.com](http://AquarianDreams.com).

#### WEDNESDAYS SEPTEMBER 4- OCTOBER 30

**Prosperity Plus II** – 6:30-8:30 p.m. Learn necessary elements to make money, tools to access solutions and answers, and many more concepts. Facilitated by Rev. Roxanne Graves. Cost will be material cost. \$39-\$49 Register at 321-383-0195. Unity on the Space Coast 2000 South St, Titusville. [UnityontheSpaceCoast.org](http://UnityontheSpaceCoast.org).

#### FRIDAY SEPTEMBER 6- SUNDAY SEPTEMBER 8

**Holy Fire III Master Teacher Certification Course** – Combines both Advanced Reiki Training (ART), Reiki III and Reiki Master Training. Includes lecture, discussions, demonstrations and practice time. You will have the ability to initiate students into all levels of Reiki including full Reiki Master Teachers. Led by Maria Banas. Friday 6:30am-9:30pm, Saturday 10am-6:30pm., Sunday 1-7:30pm. Must have Reiki I & II certifications. \$775 in advance, \$800 day of event. Aquarian Dreams, 414 N. Miramar Ave. (Hwy A1A) Indialantic. Register online or call 321-729-9495. [AquarianDreams.com](http://AquarianDreams.com).

#### SATURDAY SEPTEMBER 7

**Chakra Balancing** – Deva will gently open your aura, and then balance each of your 7 chakras (energy centers) using a blend of crystals, colored lights, and intuitive healing energy. 15-minute session. Deva Shanks is a 3rd generation professional intuitive and energy healer. Cost: \$20. Call 321-729-9495 to register. Aquarian Dreams, 414 N. Miramar Ave. (Hwy A1A) Indialantic. [AquarianDreams.com](http://AquarianDreams.com).

**Yoga Nidra & Ayurveda Vegan Pop-Up** - 11am-2pm. A gentle & deeply relaxing Yoga Nidra class, followed by an Ayurvedic Vegan Pop-Up lunch. The lunch will be tailored for the late Summer using Ayurvedic food healing principles. You don't have to be Vegan to enjoy this delicious lunch. \$30. Healing Elements Ayurveda 1290 Highway A1A Suite #102, Satellite Beach. 321-600-4560. [HealingElementsAyurveda.com](http://HealingElementsAyurveda.com).

**Yoga for First Responders** – 12-1pm. This is a specialized trauma-sensitive yoga class for First Responders, military veterans, and others who face extreme trauma on a regular basis experiencing PTSD, Trauma, depression, anxiety or addiction. Find peace in the proven teachings of yoga using breath and asanas so you can create a calm mind. Donation. Inverted Elephant Yoga 2855 S. Hopkins Ave., Titusville. 321-749-9642.

**Estrogen Dominance Workshop** – 4-5pm. Suffering from difficult periods, hot flashes, menopausal weight-gain or autoimmune? Learn the root cause of hormone imbalance and what you can do about it. Learn about the top foods to support estrogen balance. Held by Bea Phillips, Hippocrates Health Institute Health Educator. \$15. Inverted Elephant Yoga Studio 2855 S. Hopkins Ave., Titusville. 321-749-9642.

**Cocoa Beach Contra Dance** – 7-10:30pm. Live music and caller for this friendly, non-competitive dance. All ages welcome, no partner or experience necessary- come at 7 for brief lesson. \$10 adults, \$5 under 25. Cocoa Beach Recreation Center 321 Ramp Rd. Cocoa Beach. 321-917-4529. [CocoaBeachContra.org](http://CocoaBeachContra.org).

#### MONDAY SEPTEMBER 9

**Cosmetic Acupuncture: Natural Solutions For Facial Rejuvenation** – 10-11am. Beauty Is health made visible. Learn about acupuncture points located on the neck/face and how they are used today for facial rejuvenation, as well as improving internal health. Free. Catherine Schweinsberg Rood Central Library 308 Forrest Ave, Cocoa. 321-259-0555. [HealthForLifeWellnessCenters.com](http://HealthForLifeWellnessCenters.com).

**Acupuncture Face Lift** – 6:30-7:30pm. Learn how ancient Chinese and Ayurvedic techniques come together with 21st century technology to restore beauty and younger skin. Free. Health For Life, 402 N. Babcock St. Ste 101, Melbourne. 321-626-5144. [HealthForLifeWellnessCenters.com](http://HealthForLifeWellnessCenters.com).

#### TUESDAY SEPTEMBER 10

**Acupuncture Face Lift** – 6:30-7:30pm. Learn how ancient Chinese and Ayurvedic techniques come together with 21st century technology to restore beauty and younger skin. Free. Cocoa Beach Library-Jane Van Thron Room 550 Brevard Ave Cocoa Beach. 321-626-5144. [HealthForLifeWellnessCenters.com](http://HealthForLifeWellnessCenters.com).

**Mysteries of the Thyroid Revealed** – 7-8pm. Did you know that proper thyroid function ensures that all the cells in your body are working properly? Learn more about the functions of the thyroid gland and what other glands support its purpose, as well as natural tips for improving and maintaining the health of your thyroid. Free but call 321-728-1387 to register. CARE Natural Wellness Center 1051 Eber Blvd., Suite 102 Melbourne. [CareWellnessFL.com](http://CareWellnessFL.com).

**Introduction to Professional Astrologer's Course** – 7-8:30pm. Led by Bruce Orion a well-known professional astrologer in Sedona for 25 years. This class is an introduction to his 8-week course (beginning September 19) Learning all aspects of astrology for personal or professional practice including an overview of planets, signs, aspects, houses, and transits. Free. Register online or call to pre-register 321-729-9495. Pre-paid discount for 8-week course if registered by September 14. Aquarian Dreams 414 N Miramar Ave (Hwy A1A) Indialantic. [AquarianDreams.com](http://AquarianDreams.com).

#### WEDNESDAY SEPTEMBER 11

**Mediation for Inner Peace** – 7-8pm. Meditation experience and techniques for peace, balance, healing, and serenity. Instructor: Monica Lombardo. \$10 or Yoga membership. 321-729-9495. Aquarian Dreams 414 N. Miramar Ave., (Hwy A1A) Indialantic. [AquarianDreams.com](http://AquarianDreams.com).

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**Zen Mindfulness for Busy People** - 7-8pm. Four-week Wednesday evening course covering traditional Buddhist mindfulness techniques. No experience necessary - great for those with busy lifestyles. \$45. Open Mind Zen Meditation Center 2304 S. Babcock St. Melbourne. 321-427-3511.

## FRIDAY SEPTEMBER 13

**Armand & Angelina: Angel Harp and Native Flute Healing Experience** - 7-8:30pm. Each attendee will experience a full body healing experience as Angelina places her Angel Harp on each of you while playing sacred tones into your body. Armand will add Native American Flute, Shanti Bells and other magical sounds to enhance your experience. \$20. Aquarian Dreams, 414 N. Miramar Ave. (Hwy A1A) Indialantic. Register online or call 321-729-9495. AquarianDreams.com.

## SATURDAY SEPTEMBER 14

**Create Self-Love: Kundalini Yoga Workshop** - 9-10:30am. A special series of Kundalini Yoga and Meditation classes focusing on themes to release unconscious patterns and realign with truth. Each 90-minute class will include a meditation and gong relaxation. \$15. Aquarian Dreams, 414 N. Miramar Ave. (Hwy A1A) Indialantic. Register online or call 321-729-9495. AquarianDreams.com.

**Reiki 2 Certification Class** - 11:30am-5:30pm. Deepen your knowledge and experience of the high frequencies of Usui/Holy Fire III Reiki. Learn three primary hand symbols and their uses, distance healing, body scanning, and full treatment for yourself and others. Included: Attunement/Placement, Reiki 2 Certificate, and lots of practice. \$160 (includes Vegan lunch). Inverted Elephant Yoga 2855 S Hopkins Ave. Titusville. 321-749-9642. InvertedElephant.com.

**Native Flute Workshop** - 12-1:30pm. Learn how to play the Native American Flute. Recommended whether you have a musical background or have always just wanted to play a musical instrument. Flutes will be available for class use, or for purchase. With musicians, Armand and Angelina. \$20. Register online or call 321-729-9495. Aquarian Dreams, 414 N. Miramar Ave (Hwy A1A) Indialantic. AquarianDreams.com.

**Essential Oils Basics Workshop** - 3-4:30pm. Learn what essential oils are, the three types of essential oils, ways to use them, when to use carrier oils and more. You will receive essential oil samples and information sheets. To ensure there are enough workshop materials, preregistration required by Wednesday, September 11th. To register visit Cheri-Flauto.com/september-2019 or call 407-401-0890. \$35. Essential Elements Wellness 1010 E New Haven Ave., Melbourne. 407-401-0890.

**Women's Moon Circle** - 6-7:30pm. Traditionally, Women's Circles have been regarded as a safe space for women to join fully in their truth, empowering each other & sharing wisdom. Melissa Lopez will be holding monthly women's circles surrounding the Full & New Moon including meditation, journaling, optional sharing circles & the safe space to connect with like-minded souls. \$10 or (yoga membership) paid in advance, \$15 day of the event. Aquarian Dreams 414 N. Miramar Ave. (Hwy A1A) Indial-

antic. Register online at AquarianDreams.com or call 321-729-9495.

## MONDAY SEPTEMBER 16

**A Healing Journey Through Grief** - 7-9pm. Hospice Nurse, Shannon Davis leads a healing journey to help release the daily stressors of grief from loss. Includes creating tools for coping and releasing our grief through ceremony and meditation techniques. Shannon is also a Reiki II practitioner and a student of Shamanism. \$10 (or Yoga membership). Aquarian Dreams 414 N. Miramar Ave., (Hwy A1A) Indialantic. Register online or call 321-729-9495. AquarianDreams.com.

## TUESDAY SEPTEMBER 17

**Free Spiritual Healings and Massage Therapy** - Spiritual Healer, Teren Nichols will be offering free healings all day as a gift to our community. Teren is a licensed massage therapist, certified Pranic Healer and Reiki Master Healer. Call to register. Aquarian Dreams, 414 N. Miramar Ave. (Hwy A1A), Indialantic. 321-729-9495. AquarianDreams.com.

**The Story Your Blood Tells** - 6-7pm. Have you ever been confused by lab results? We can fix that. Bring a copy of your recent blood work. Free. Alternative Medicine Family Care Center 2050 40th Ave Suite 2 Vero Beach. 772-778-8877.

**Yin Yoga with Crystal Bowl Meditation Workshop** - 7-8:30pm. Balancing the chakras and aligning energy through yin yoga and crystal bowl vibrations, this workshop is designed to uplift mind/body frequencies through ancient asanas, breath, sound, and focused intention. Led by Debby Jeffries and Susan Rizzo. \$20. Aquarian Dreams 414 N. Miramar Ave. (Hwy A1A) Indialantic. Register online at AquarianDreams.com or call 321-729-9495.

## THURSDAY SEPTEMBER 19

**Professional Astrologer's Course** - 7-8:30pm. This 8-week course with Bruce Orion will teach you everything you will need to know to be able to read and interpret an astrology chart, as well as it's predictive aspects. Class if for professional or personal practice. Bruce Orion has been a well-known professional astrologer in Sedona for over 25 years. For more information, visit BruceOrion.com. \$300 Pre-paid discount: \$250 by September 14. Register online or call 321-729-9495. Aquarian Dreams, 414 N. Miramar Ave. (Hwy A1A), Indialantic. AquarianDreams.com.

## SATURDAY SEPTEMBER 21

**Donation Reiki Healing Session** - Reiki Master practitioner/teacher Maria Banas is a Usui/Holy Fire II and Karuna /Holy Fire II Master Teacher. These healing techniques work with helping the physical, mental, emotional, and karmic conditions of the individual. Pre-registration required call 321-729-9495. Suggested Donation \$20. Aquarian Dreams 414 N. Miramar Ave. (Hwy A1A) Indialantic.

**Chakra Balancing** - See description Saturday September 7

**Essential Elements Wellness Grand Opening Celebration** - 12-7pm. Come celebrate with us. Product discounts storewide Reading Specials and so much



more. Free. Essential Elements Wellness 1010 E New Haven Ave Melbourne. 321-372-6714.

**Restorative Reiki and Oils for Chakra Balancing** – 4-5:30pm. Your chakras or energy centers affect you physically emotionally and spiritually With the use of Restorative Yoga poses Reiki Essential Oils and chakra music you will float into a state of bliss while each chakra is balanced Ending with Yoga Nidra (yogic sleep) Chakra handouts 5ml doTERRA rollerball included. \$25 (\$30 day of event) Aquarian Dreams 414 N Miramar Ave (Hwy A1A) Indialantic. 321-729-9495. KarenHedley.com.

**Crystal Clear Journey Soundbath** – 6:30 -8pm. A journey in sound meditation and yoga. Tea Roman has come full circle with his in-depth practical scientific and metaphysical knowledge of sound meditation and yoga; Tea has developed a holistic practice that provides one of the purest experiences of enlightenment and consciousness available in the Western World. \$25. Inverted Elephant Yoga Studio 2855 S Hopkins Ave Titusville. 321-749-9642.

**Satellite Beach Contra Dance** – 7-10:30pm. Live music and caller for this friendly non-competitive dance All ages welcome no partner or experience necessary--come at 7 for brief lesson. \$10 adults \$5 under 25. DRS Community Center 1089 S Patrick Drive Satellite Beach. 321-917-4529. CocoaBeachContraorg

## SUNDAY SEPTEMBER 22

**Plant-Based Abundance Vegan Workshop** – 1-3pm. Focus is on seasonal veggies and comfort foods that your family will love. Will create delicious

## space coast save the date

### SATURDAY OCTOBER 12 & SUNDAY OCTOBER 13

**Yoga Fun Day** – 10am-5pm. This two-day festival is a family-friendly wellness event where all ages and abilities are welcome. Experience green living, and health-related products and services, live music, as well as classes, activities and products that support an active lifestyle. Welcoming Vendors. Visit YogaFunDay.com or text/call 561-506-1108 for more information. Riverfront Park, 401 Riveredge Blvd, Cocoa Village.

### SATURDAY OCTOBER 12

**Stop The Pink Party** – 11am-4pm. Women's Fun Shopping Event, Live Music, Health & Wellness, Vendors, Food, Hourly Giveaways, Raffles, Crafts and Beer Truck. All proceeds go to women in Brevard & Indian River Counties with financial constraints to afford more preventative breast screenings. Fun for a good cause. Free. Space Coast Harley Davidson 1440 Sportsman Lane, Palm Bay. 321-345-0407. StopThePink.org.

meals with spaghetti squash and jackfruit, chili, salad and dessert. The first 30 minutes will be for information sharing and discussion followed by food demos, and a Q & A session. \$25 (pre-paid discount \$20 paid by September 15). Register online or call 321-729-9495. Aquarian Dreams 414 N. Miramar Ave. (Hwy A1A) Indialantic. AquarianDreams.com.

### WEDNESDAY SEPTEMBER 25

**Thermography: The Proactive Health Screening Tool** – 7-8pm. Learn how you can take charge of your health with this radiation-free non-invasive FDA approved screening tool for total body health. More and more women are using this safe alternative to mammograms Katie Ainsley of Thermography of Brevard will be speaking. Free but call

321-728-1387 to register. CARE Natural Wellness Center 1051 Eber Blvd Suite 102 Melbourne.

### THURSDAY SEPTEMBER 26

**Chakra Balancing** – See description Saturday September 7

**The Case Against Sugar** – 7-8pm. Did you know that the average American consumes 150-170 pounds of refined sugars per year? As sugar consumption increases so does disease risk. Learn how to recognize different kinds of sugar how they affect your body and why this has become such a public health issue. Free but call 321-728-1387 to register. CARE Natural Wellness Center 1051 Eber Blvd Suite 102 Melbourne. CareWellnessFL.com.

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## TREASURE COAST EVENTS

### SUNDAY SEPTEMBER 1

**ISDTC Sunday Services** – 10:30-11:45am. Sept. 1 and 15th. Our Sunday Service is an interactive experience celebrating the Divine in our lives through healing, healing meditation and Affirmation of Spirit. The services center on God's most precious gifts-Love and Understanding. ISDTC, Co-located Spark of the Divine, 1789 Old Dixie Hwy, Vero Beach. 772-404-1352.

### TUESDAY SEPTEMBER 3

**Lowering Cholesterol: Get the Facts** – 6-7pm. Do you have: High Cholesterol, High Blood Pressure, Thyroid Imbalances or Fatigue? Find out how to get your health back. Free. Alternative Medicine Family Care Center 2050 40th Ave. Suite #2, Vero Beach. 772-778-8877.

### SATURDAY SEPTEMBER 7

**Friends After Diagnosis** – 10-11am. Offering support and educational meetings four times per month for women with cancer and people with breast cancer, along with their caregivers and loved ones. Free. Sebastian River Medical Center 13695 U.S. Hwy 1 Sebastian. 772-770-9700. FriendsAfterDiagnosis.com.

### SUNDAY SEPTEMBER 8

**Round table Discussion** – 11am-12pm. Round tables are opportunities for sharing of spiritual questions, experiences and insights. The public



## ASCENDED MASTER GATHERINGS

September 8 • 1-2:30pm

Sebastian in-person  
or livestream/replay

See calendar for details or visit  
[Kumarihealing.com/Aruna](http://Kumarihealing.com/Aruna)

is cordially invited to participate in this forum for exploring spiritual insights. Round table discussions are led by an ECK Spiritual Aide who is a member of the ECK clergy. Eckankar Center of the Treasure Coast, 541 SE Central Parkway, Stuart. 772-223-1188. ECK-Florida.org.

**Ascended Master Gatherings** – 1-2:30pm. Meditation Masters Kumari and Kumara will lead sound healing with 5th Dimensional Alchemy bowls, chant & mantra, channeling, healing and meditation with the Ascended Masters. Second Sunday of every month. Gathering will take place both in person (limit 26 people) and livestream (replays too). Address will be emailed for in person gathering after registration. Love offering. Sebastian. [Kumarihealing.com/Aruna](http://Kumarihealing.com/Aruna).

### MONDAY SEPTEMBER 9

**Friends After Diagnosis** – 2-3:30pm. Offering support and educational meetings four times per month for women with cancer and people with breast cancer, along with their caregivers and loved ones. Free. Friendship House 3404 Aviation Blvd. Vero Beach. 772-770-9700. FriendsAfterDiagnosis.com.

### TUESDAY SEPTEMBER 10

**Headaches & Migraines: A Thing of the Past** – 6-7pm. Learn natural solutions for Stress Headaches, Tension Headaches, Migraines, Allergies and Menstrual Headaches. Make headaches a thing of the past. Free. Alternative Medicine Family Care Center 2050 40th Ave. Suite 2, Vero Beach. 772-778-8877.

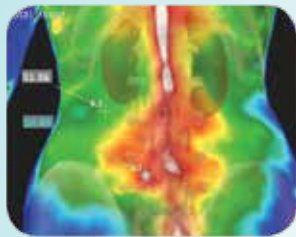
### WEDNESDAY SEPTEMBER 11

**Cutting Cord Ceremony** – 6:30-8:30pm. Are you ready to release old patterns? Do you notice you keep having the same type of negative experiences? You are ready to release what no longer is working

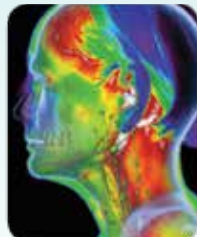
# STUART THERMOGRAPHY

## Early Detection Is Key To Overall Wellness

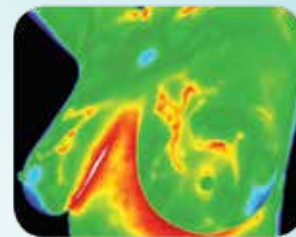
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in your life, it is time to cut the cords that are binding you to the past. Prepare to enter this experience with your intention of who or what you are going to release. Tess the Treasure Coast Medium. \$25 Cash. Northgate Plaza, 611 SW Federal Hwy Suite K-1 Stuart. 772 200-0016.

**Yoga in the Salt Cave** – 5:45-6:45pm. At The HAIR Tiki 735 Commerce Center Dr. 735 Commerce Center Dr., Ste. B Sebastian. 772-228-8986.

## THURSDAY SEPTEMBER 12

**World Day of Prayer Service** – 7-8pm. A Healing service based on affirmative prayer, music, affirmations and an empowering message that invites us to move away from the stories of separation and into an experience of awakened kinship of all life. From a Unified consciousness of Truth, we affirm: I celebrate the vast possibilities for my life. Unity of Fort Pierce, 3414 Sunrise Blvd, Fort Pierce. 772-461-2272. UnityofFortPierce.com.

## THURSDAYS SEPTEMBER 12, 19 & 26

**Inspired Speech Course** – 7:30 -9pm. If you have an interest in speaking before a group of people, this course will greatly enhance your abilities to engage your audience with success. It will free you to speak with confidence for introductions, inspired speech, briefings, and other public platforms. Contact Rev. Melinda Witter. ISDTC, Co-located Spark of the Divine, 1789 Old Dixie Hwy, Vero Beach. 772-404-1352. Isdtk.org.

## FRIDAY SEPTEMBER 13

**The Sound of Soul Event** – 10:30-11:30am. All are invited to experience chanting HU, contemplative time, and authentic spiritual conversation with others of like heart. Discover some of the many benefits of HU: inner peace and calm, divine love, expanded awareness, spiritual self-discovery, growth and healing. HU is the sound of Soul. Eckankar Center of the Treasure Coast, 541 SE Central Parkway, Stuart. 772-223-1188. ECK-Florida.org.

## SATURDAY SEPTEMBER 14

**Full Moon Sound Healing Chakra Balancing** – 7-8:30pm. The full moon is a time to let go of what no longer serves us. Barbara Spaulding, RN,



## SATURDAY OCTOBER 5- MONDAY OCTOBER 7 Reiki I & II & Advanced Immersion with Kumari - 9am-5pm.

Everyone can learn The Usui System of Natural Healing (Reiki) for self-healing, personal and spiritual growth, a way to give healing to family, friends, and animals, or a gentle complementary therapy in holistic medicine. Reiki II teaches you distant, mental-emotional healing and greatly increases your healing power. Immersion teaches you how to use Reiki for intuition, abundance and manifesting, plus how to work with nature and animals. 29 years experience.

7 CEU's for LMT's per workshop. Sebastian.  
KumariHealing.com/ReikiCertifications

## treasure coast save the date

### SATURDAY OCTOBER 5

**Scented Dragon's Psychic Fair** – 10am-5pm. Come join us for a customer favorite. Held 5-6 times per year, this is an event you do not want to miss. Some of the best readers from across the Treasure Coast will be available for private one-on-one sessions. Bring your questions and find the answers you've been seeking. Call to book in advance or just stop by. Scented Dragon is just off US 1 in Port St. Lucie, 6992 Hancock Dr., Port St. Lucie 772-877-2102.

### SATURDAY OCTOBER 12

**Grand Opening Gallery Reception-Ubuntu Fish Gallery** – 5:30-8:30pm. Entertainment, door prizes and light refreshments will be on-hand. Meet our featured artist, Christine Regina and some of the key players at Ubuntu Fish who showcase artwork, offer services and facilitate workshops. Ann Marie Skordy, Ubuntu Fish Gallery co-owner and resident intuitive will be offering complimentary pet readings and Soul Traveler card mini-readings and Dana Sardano, Ubuntu Fish Gallery co-owner and resident artist will also be giving away some of her original artwork. 508 SE Osceola St., Stuart. 772-201-2931. UbuntuFishGallery.com

### WEDNESDAY OCTOBER 23

**Facial Pilates** - 5:30-7pm. Tracy Henson uses the latest Pilates massage movements for face and neck. Improve skin's health and relieve facial tension. Learn to perform your own spa facial to refresh and revitalize skin cells and restore a more youthful glow. Includes clinical aromatherapy, custom skincare blends and mindful meditation. Dress comfortably, bring a towel and pillow. Preferably come without makeup or sunscreen. \$20. Goats Under the Oaks 7025 81st St. Vero Beach. 772-342-0387 or GoatsUndertheOaks.com.

### SATURDAY OCTOBER 26 & SUNDAY OCTOBER 27

**Rock and Gem Show** — Saturday 9am-5pm, Sunday 10am-4pm. Gemstones, rocks, minerals, beads, handcrafted fine jewelry and more will be available at the Port St. Lucie County Civic Center. Tickets are on sale now. Presented by St. Lucie County Rock and Gem Club and co-sponsored by Scented Dragon, Treasure Coast Estate Buyers, and Jewelry Design Studio. Port St. Lucie County Civic Center 9221 SE Civic Center Pl, Port St. Lucie. SLCRockandGem.org. 772-462-6597.

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## SUNDAY SEPTEMBER 15

**ISDTC Sunday Services** – 10:30-11:45am. Sept. 1 and 15th. Our Sunday Service is an interactive experience celebrating the Divine in our lives through healing, healing meditation and Affirmation of Spirit. The services center on God's most precious gifts-Love and Understanding. ISDTC, Co-located Spark of the Divine, 1789 Old Dixie Hwy, Vero Beach. 772-404-1352.

## WEDNESDAYS SEPTEMBER 18 - OCTOBER 9

**Affirmative Prayer Training Class** – 7 -8:15 pm. Develop a healing consciousness; learn to hold sacred space, listen for guidance and express heart felt Affirmative prayers. Rev Janice Cary facilitates. Class offered on love offering basis. \$10 materials fee for manual. Unity of Fort Pierce, 3414 Sunrise Blvd, Fort Pierce. 772-461-2272. UnityofFortPierce.com.

## SATURDAY SEPTEMBER 21

**Friends After Diagnosis** – 10-11am. Offering support and educational meetings four times per month for women with cancer and people with breast

cancer along with their caregivers and loved ones. Free. Friendship House 3404 Aviation Blvd. Vero Beach. 772-770-9700. FriendsAfterDiagnosis.com.

**Exploring the Food Plan Frontier** – 10:30am-Noon. A 5-week clinician-led program designed to guide you through the process of discovering the foods that harm you and those that heal you. Early registration discount available by September 2 online, PindersNursery.com/upcoming-events/. The Idea Garden @ Pinder's Nursery Pinder's Nursery, 5500 SW Martin Hwy., Palm City. 772-214-1933.

**The Sound of Soul Event** – 10:30-11:30am. All are invited to experience chanting HU, contemplative time, and authentic spiritual conversation with others of like heart. Discover some of the many benefits of HU: inner peace and calm, divine love, expanded awareness, spiritual self-discovery, growth and healing. HU is the sound of Soul. Vero Beach Main Library, 1st Floor meeting room, 1600 21st Street, Vero Beach. 772-223-1188. ECK-Florida.org.

**Psychic Fair** – 11am-4pm. Readings \$25, Raffle ticket with each reading purchased to win free items. Guest readers: Donna Spoon – Angel Card Readings, Blue Evans. Featuring Elizabeth our Tarot Reader and Christopher the Psychic Medium from Psychic & the Genie, Tea Leaf Reader. Psychic & The Genie, 313 Colorado Ave., Downtown Stuart. 772-678-6170. PsychicNTheGenie.com.

**Reiki Level I Training Certification** – 11am-6pm. Reiki helps us to connect to our Divine nature. Boost

your immune system while aiding your clients. Class includes book attunements instruction plenty of practice and continued mentoring if needed Taught by Usui/Tibetan/Karuna; Reiki Master and Jikiden Reiki Practitioner Beth Franks. 6 CEU'S. \$175. Spark of Divine LLC Healing and Learning Center 1789 Old Dixie Hwy Vero Beach. 772-257-6499. SparkofDivine.com.

## SUNDAY SEPTEMBER 22

**Reiki Level II Training Certification** - 9am-3pm. Learn the sacred symbols how to heal long distance how to bring harmony to any situation and empower yourself and others through this gentle healing modality Class includes book attunements instruction plenty of practice and continued mentoring if needed Taught by Usui/Tibetan/Karuna; Reiki Master and Jikiden Reiki Practitioner Beth Franks Pre-requisite Reiki Level I. 8 CEUs. Call for more info. \$225. Spark of Divine LLC Healing and Learning Center 1789 Old Dixie Hwy. Vero Beach. 772-257-6499. SparkofDivine.com.

**ECK Light and Sound Service** – 11am-12pm. "What Nature and Animals Teach Us About Life" Each service focuses on an aspect of Eckankar: a reading from the ECK works, singing HU, stories, music, and discussion of spiritual principles at work in daily life. Join others seeking divine love at this celebration of the Light and Sound of God. Free. Eckankar Center of the Treasure Coast, 541 SE Central Parkway, Stuart. 772-223-1188. ECK-Florida.org.



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## MONDAY SEPTEMBER 23

**Friends After Diagnosis** – 2-3:30am. Offering support and educational meetings four times per month for women with cancer and people with breast cancer along with their caregivers and loved ones. Free. Friendship House 3404 Aviation Blvd. Vero Beach. 772-770-9700. FriendsAfterDiagnosis.com.

## TUESDAY SEPTEMBER 24

**Digestive Disorders: Prevention and Healing** – 6-7pm. Do you have IBS Acid Reflux Crohn's Disease Gas Bloating Diarrhea or Cramping? Learn how to find digestive balance naturally. Free. Alternative Medicine Family Care Center 2050 40th Ave Suite 2 Vero Beach. 772-778-8877.

## WEDNESDAY SEPTEMBER 25

**Yoga In The Salt Cave** – 5:45-6:45pm. Yoga In The Salt Cave With Luna Sol Yoga. The HAIR Tiki 735 Commerce Center Dr Ste B Sebastian. 772-228-8986. LunaSolYogacom/class-schedule-and-sign-up/.

**Evening of Spirit Messages** – 6:30-8:30pm. Allow Tess the Treasure Coast Medium to connect you to the world of spirit. Come learn about the signs that our loved ones leave for us. Get answers to your most important questions regarding your life now. Learn how to connect to Divine guidance and your own spirit people. \$40 cash. Northgate Plaza 611 SW Federal Hwy Suite K-1 Stuart. 772-200-0016.

## mark your calendar

### WEDNESDAY, SEPT 25 – 5-7PM Treasure Coast LIFT Networking

Holistic, natural health, eco-friendly practitioners and business owners are invited to attend. The group is a gathering place to connect, learn from each other, and support one another so we can learn, grow and flourish to reach our highest potential. Light refreshments. *Casual and comfortable encouraged. Free.*

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## SATURDAY SEPTEMBER 28

**Feng Shui Class** – 1-3pm. Learn how to program your home to enhance optimum; passion, wisdom, health, abundance, connection, love, joy and truth. Facilitated by Linda Adams, licensed Interior Designer, Feng Shi Consultant and Reiki Master. \$35. Goats Under the Oaks 7025 81st St. Vero Beach. 772-342-0387 or GoatsUndertheOaks.com.

**Sound Healing New Moon Chakra Balancing** – 7-9pm. The New Moon is a time to set intentions and clear out negative energy. Join Barbara Spaulding RN Certified Clinical Sound Therapist as she guides you to release relax realign and balance your chakras with quartz crystal singing bowls and sound healing instruments \$25. Sound Healing 2821 SW Lakemont PL Palm City. 772-245-6515. ASoundHealing.com.

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## on going events

To ensure we keep our community calendar current, ongoing events must be resubmitted each month.

**DEADLINE:** All listings must be received by the 10th of the month prior to publication. Calendar events must be submitted online at: [www.MyNaturalAwakenings.com](http://www.MyNaturalAwakenings.com).

## sunday

### SPACE COAST

**Donation Yoga for Everyone** – 9:30-10:30am. Gentle flowing hatha yoga practice integrating body, mind and spirit with yoga postures (asana), breathing exercises (pranayama), cleansing practices (kriyas) and deep relaxation. All levels, families welcome. Led by Debby Jeffries. Use back door. Donation or Yoga Memberships accepted. Aquarian Dreams, 414 N. Miramar Ave. (Hwy A1A), Indialantic. 321-729-9495.

**Metaphysical Bible Study** – 9:30 am. Study the meaning of the bible, instead of the traditional belief of what the bible says. This is followed by service at 11a.m. Unity on the Space Coast, 2000 South St, Titusville, 321-383-0195. [UnityontheSpaceCoast.org](http://UnityontheSpaceCoast.org).

**Zen Meditation & Dharma Talk** - 10-11:30am. Join us for Zen and mindfulness meditation instruction and inspiration. All welcome, no experience is necessary. Donations accepted. Open Mind Zen Meditation Center, 2304 S. Babcock St., Melbourne. 321-427-3511.

**Lightworker Community Sunday Circle** – 11am-Noon. An hour of universal inspiration, higher consciousness, meditation, healing and devotional chants. Everyone is invited. Aquarian Dreams, 414 N. Miramar Ave. (Hwy A1A), Indialantic. 321-729-9495.

**Tai-Chi Beginner to Master Level** – 11am-12pm. Master Chung will teach you Tai-Chi 13 postures step by step. Learn how to develop the healing Chi energy; how to use internal energy for rooting, relaxing and self-defense; how to apply Chi energy with fan, sword, dou, etc. \$15 (\$10 - MAC member) Melbourne Athletic Club Studio 1218 Sarno Rd, Melbourne. 321-720-4694. [MasterChungWang.com](http://MasterChungWang.com).

**Yoga in the Village** – 5-6pm. Restorative Yoga. Using bolsters, blankets, pillows and straps to fully support your body into supreme relaxation and bliss. Beginners welcome. \$10, The Zen Room, 631 Brevard Avenue #C, Cocoa Village. 321-544-8541. View full schedule at [TheZenRoom.info](http://TheZenRoom.info).

### TREASURE COAST

**Unity of Ft. Pierce** – 10am. Unity is an inclusive community, inspiring holistic spirit-led living. “We are a spiritual center based on practical Christianity”

says Rev Janice. “We empower people to be mindful, peaceful and grateful, co-creating a world that works for all life.” Join us and become a healing presence on the planet. Unity of Fort Pierce, 3414 Sunrise Blvd, Ft. Pierce. 772-461-2272. [UnityofFortPierce.com](http://UnityofFortPierce.com).

**Your Pets Speak** – 10am-12pm and 2-4pm. Have you ever wondered what your pet is thinking? Or maybe you have a deceased pet that you'd like to connect with. Ann Marie offers readings for pets in which she channels your pet's higher-self and your pet will speak to you through her vocal cords. It's truly something to see. \$20 for the first pet, \$10 each additional pet. 508 SE Osceola St., Stuart. 772-201-2931. [UbuntuFishGallery.com](http://UbuntuFishGallery.com)

**Chi Gong** – 11:30am. Free class every first Sunday. Unity of Fort Pierce, 3414 Sunrise Blvd, Ft. Pierce. 772-461-2272. [UnityofFortPierce.com](http://UnityofFortPierce.com).

**Painting Classes** – 3-6pm. First and third Sundays in August. Artist Christian Yong will be teaching a painting class for beginners and art enthusiast of all levels at the Scented Dragon. No prior knowledge needed, just an interest in creating your own piece of art on canvas. All materials will be provided. \$30 per student. Scented Dragon, just off US 1 in Port St. Lucie, 6992 Hancock Dr., Port St. Lucie, 772-877-2102 to sign-up or ask questions.

**Yin-Yang yoga** – 3-4:15pm. Yin Yang is a class that will combine and allow you to explore both the Yin (stillness) and the Yang (movement). This class will be a perfect way to find movement and relaxation. Down to Earth Yoga, 1649 SE Port St. Lucie Blvd., Port St Lucie. 772-224-2444. [dte-yoga.com](http://dte-yoga.com).



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**Quaker Worship Group** - 4:30-5:30pm. Spiritual seeker? Take time to listen to the Still Small Voice within. Open yourself to direct communion with the Divine. You are welcome to join us for silent/unprogrammed worship. Port St. Lucie Community Center 2195 SE Airosa Blvd., Port St Lucie. 772-267-9156. TCQuakers.org.

## monday

### SPACE COAST

**3 H's Exercise Class for Adults and Seniors** – 8:45am-9:30am or 9:45am-10:30am. Monday–Friday. The Happy, Healthy, Heart program promotes increased agility, balance, and gives your heart a cardio workout. \$13 per month, join anytime. DRS Community Center, 1089 S. Patrick Dr., Satellite Beach. 321-773-6458.

**Heal Your Eyes, Heal Your Vision** - 9-10am. Learn about the benefits of Micro-Acupuncture for degenerative eye diseases and serious vision conditions. Led by Sylvie Morin, DOM. RSVP as seating space is limited. Free. Health For Life Wellness Centers, 1727 N. Atlantic Ave., Cocoa Beach. 321-259-0555. HealthForLifeWellnessCenters.com.

**Bones Makers** – 10:45-11:45am. A blend of yoga, ballet and post rehab exercises. \$30 per month prepaid or \$8 drop in, join anytime. AFAA certified teacher, Vicki Buckley DRS Community Center Gym, 1089 S. Patrick Dr., Satellite Beach. 321-759-4962.

**Monday Meditation Class** – 4-5pm. Authentic experience of guided meditation and mantra. All level meditation is accompanied by using traditional Indian instruments and sacred mantras with Dr. Siddha. \$10 or Yoga Memberships accepted. Aquarian Dreams, 414 N. Miramar Ave. (Hwy A1A), Indialantic. 321-729-9495.

**Hatha Yoga** – 5:30-6:30pm. An inspiring and peaceful Hatha Yoga practice with yoga postures(asana), breathing exercises (pranayama), and deep relaxation. Bruce Orion is a certified Yoga Alliance instructor. \$10 or Yoga Memberships accepted. Aquarian Dreams, 414 N. Miramar Ave. (Hwy A1A), Indialantic. 321-729-9495.

**Palchen Buddhist Study Group** – 6-8pm. All welcome for one or both hours. 1<sup>st</sup> hour is Buddhist sadhana recitation, 2<sup>nd</sup> hour is our Buddhist reading and discussion. Donations appreciated. Space Coast Wellness Center 725 S. Apollo Blvd., Melbourne. 321-917-4529.

**Hatha Yoga with Marilyn** – 6:30-7:45pm. This gentle form of yoga combines physical well-being and balances body, mind, and spirit using guided yoga postures, stretching, and breathing. Bring your own mat. \$5 per class, paid at door. Pelican Beach Clubhouse, 1495 Hwy A1A, Satellite Beach. 321-773-6458.

**Yoga in the Village** – 7:30-8:30pm. Yoga with Thai Assist offered for each posture to bring deeper awareness. A nourishing and grounding practice to end the day. \$10. The Zen Room 631 Brevard Ave, Suite C Cocoa Village. 321-544-8541.

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## TREASURE COAST

**Tarot Reader and Astrologer** - 10am-5pm. Sarah Carvell is available at the Scented Dragon Mon-Fri for private Tarot and Astrology readings. Sarah has been gifted with intuitive wisdoms that help connect with her client's individual needs. Scented Dragon 6992 Hancock Dr. Port St. Lucie. 772-877-2102.

**Psychic Medium Readings & More** - 11am-6pm. Offered 7 days a week. Psychic Medium Readings, and Tea Leaf Readings. Walk-ins welcome. Psychic Medium and Aura Readings by Christopher Johansen also offered Monday-Saturday. 11am-4pm. Psychic & The Genie, 313 Colorado Ave., Downtown Stuart. 772-678-6170. PsychicNTheGenie.com.

**Psychic Medium and Aura Readings** - 11am-4pm. Readings by Christopher Johansen also offered Monday-Saturday. 11am-4pm. Psychic & The Genie, 313 Colorado Ave., Downtown Stuart. 772-678-6170. PsychicNTheGenie.com.

**Mindful Movements** - 6:15-7:30pm. This class will offer the student to deepen and control their breath awareness while moving slowly and mindfully into postures to explore the edge. This class incorporates the Integration of Yoga on and off the Mat. Class ends with a deep relaxation. Down to Earth Yoga, 1649 SE Port St. Lucie Blvd., Port St Lucie. 772-224-2444. dte-yoga.com.

**A Course in Miracles Study Group** - 7-8:15pm. Facilitated by Kathryn Joy, everyone is invited, newcomers welcome. Come study, learn, practice

and share experiences. (Love-Offering appreciated). Unity of Fort Pierce, 3414 Sunrise Blvd, Ft. Pierce. 772-461-2272. UnityofFortPierce.com.

## tuesday

### SPACE COAST

**Yoga in the Village** - 8-9am. A basic yoga practice focusing on posture, breath, and mindfulness. Beginners welcome \$10. The Zen Room 631 Brevard Ave, Suite C Cocoa Village. 321-544-8541.

**Barre Classes** - 10-11am. Added Barre classes every Tuesday and Thursday morning at 10-11am. Tone and tighten using isometric holds to sculpt, strengthen, stretch the muscles and burn fat. Beginners welcome. \$10. Inverted Elephant Yoga Studio, 2855 S. Hopkins Ave, Titusville. 321-749-9642.

**Chair Yoga - Fitness & Balance** - 10:30-11:30am. Improve your strength, flexibility, and balance. Learn proper breathing techniques to reduce stress and improve mental clarity. A variety of props and modified poses will be available to keep things interesting and challenging. Class led by Pyper. Everyone is welcome. No mats required. \$5 per person. DRS Community Center 1089 South Patrick Drive, Satellite Beach. 321-446-9690.

**Chair Yoga - Fitness & Balance** - 3-4pm. Improve your strength, flexibility, and balance. Learn proper

breathing techniques to reduce stress and improve mental clarity. A variety of props and modified poses will be available to keep things interesting and challenging. Class led by Pyper. Everyone is welcome. No mats required. \$5 per person. Satellite Beach Library 751 Jamaica Blvd., Satellite Beach. 321-446-9690.

**Children's Yoga Class** (ages 7-11) 4-5pm. Explore the breath and how it moves through the body, meditation techniques for calming and centering, and how to deal with stress and disappointment by moving energy and getting unstuck. Led by Robin Krasny. \$10 (or yoga membership). Aquarian Dreams, 414 N. Miramar Ave. (Hwy A1A), Indialantic. 321-729-9495.

### TREASURE COAST

**Morning Express** - 8-8:45am - This class awakens and warms the entire body, softens the muscles, opens the joints, and stimulates the neurological, circulatory and subtle energetic pathways initiating conscious awareness and synchronization of movement in the breath, body, mind, and spirit. Down to Earth Yoga, 1649 SE Port St. Lucie Blvd., Port St Lucie. 772-224-2444. dte-yoga.com.

**Move, Mediate and Manifest - Traditional Yoga** - 11am-12:30pm. Enhance the 9 virtues: Passion, Wisdom, Health, Abundance, Connection, Compassion, Joy, Truth and Balance. Blending Yoga, Sound Bath Meditation and Feng Shui Manifesting provides for complete mind, body, and spirit reboot. Facilitated by Linda Adams,

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**Yoga for the Mature Body** – 4:30-5:30pm. A gentle practice class that targets the needs of a maturing body. \$40 for 6 or \$10 per class. 772-461-2272. Unity of Fort Pierce, 3414 Sunrise Blvd, Ft. Pierce. UnityofFortPierce.com.

**Drum Circle** – 6-7pm. Come be a part of this Community Rhythm Experience. Our circle will assist you to raise your personal vibration and release inner blocks. We offer a judgement free environment, and all are welcome! Donation. Scented Dragon 6992 Hancock Dr. Port St. Lucie. 772-877-2102.

**Reiki Healing Circle** – 6-7:30pm. Experience the benefits of Reiki. Live a calmer, healthier, more centered life. Feel how balance can change your world with Tina. Donations. Spark of Divine 1789 Old Dixie Hwy, Vero Beach. 772-257-6499. SparkofDivine.com.

**Reiki Meditation Circle** - 7-8pm. Experience our Reiki Meditation Circle for an hour of peace, comfort and harmony. Feel yourself shift into a peaceful place. Practitioners welcome. Donation. Scented Dragon, 6993 Hancock Drive Port Saint Lucie. 772-877-2102.

## wednesday


### SPACE COAST

**Bones Makers** – 9:45-10:30am. A blend of yoga, ballet and post rehab exercises. \$30 per month prepaid or \$8 drop in, join anytime. AFAA certified teacher, Vicki Buckley. Wickham Senior Center 2785 Leisure Way, Melbourne. 321-759-4962.

**Posturcize** – 10-11am and 5:30-6:30pm. Simple, fun exercises for improving posture and joint function for prevention and treatment of arthritis and other types of back and joint pain. Call to confirm, AM class time will change. \$5 per class. Space Coast Wellness Center, 725 S. Apollo Blvd., Melbourne. 321-917-4529.

**Gentle Yoga for Beginners** – 10:30-11:30am. A gentle, hatha yoga class recommended for beginners. Integrating body, mind and spirit with yoga postures (asana), breathing exercises (pranayama), and deep relaxation with Debby Jeffries is a Certified Yoga Instructor. \$10 or yoga membership. Aquarian Dreams, 414 N. Miramar Ave. (Hwy A1A), Indialantic. 321-729-9495.

**Gentle Yoga & Vegan Lunch** – 12-1pm. 30 minutes of yoga incorporating gentle movements and stretches that will leave you rejuvenated and ready to take on the rest of your day. Class includes a plant-based lunch. Keenan Barley is a yoga instructor, vegan advocate and founder of Plant Based Brevard. \$10 or yoga membership. Aquarian Dreams, 414 N. Miramar Ave. (Hwy A1A), Indialantic. 321-729-9495.



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## MEDICAL MARIJUANA

Our 4x Board Certified physician-led company is dedicated to providing patients with best-in-class medical cannabis compassionate care.



### DO I QUALIFY FOR MEDICAL CANNABIS?

If you are a legal Florida resident and have been diagnosed with one of the qualifying conditions listed below, you are eligible to receive medical cannabis.

Cancer | Epilepsy | Glaucoma | HIV | AIDS  
 PTSD (Post-Traumatic Stress Disorder)  
 Crohn's disease | Parkinson's disease  
 MS (Multiple Sclerosis) | A terminal condition



**1705 BERGLUND LN., VIERA, FL 32940**  
**WWW.ESSENTIALS-SPA.COM**

CALL TO SCHEDULE YOUR APPOINTMENT

321 722 2860

\*Diagnosed by a physician other than the qualified physician issuing the order. Essentials Medispas & Salon evaluates and prescribes CBD and medical marijuana then refers to a dispensary for distribution.

Florida dispensary products are available in the forms of CBD oil, THC oil, vape cartridges, tinctures, topicals, oral syringes, capsules, flower, concentrates including wax, shatter, or dabs as well as edibles in limited forms.





It's more than  
networking -  
it is building a  
community.



Join us in our mission  
to bring together  
holistic, natural health,  
eco-friendly, like-minded  
practitioners and  
business owners in the  
community.

MEETING THIS MONTH  
IN STUART!

Please Join us for this  
Informal Gathering

WHEN: Wednesday, Sept 25

TIME: 5 - 7pm  
Meeting Start: 5:30pm

PLACE: Ubuntu Fish Gallery  
508 SE Osceola St.  
Stuart

COME AS YOU ARE!  
Casual and comfortable encouraged.

Light refreshments will be served!  
Provided by  
Ubuntu Fish Gallery

Brought to you by  
**natural**  
awakenings

For more information,  
call 321-426-0080

**Integral Yoga** – 4-5pm. Gentle yoga practice integrating breathing exercises with yoga postures, mantras, relaxation and meditation. All levels and ages. Led by Tom Neilson. \$10 or yoga membership. Aquarian Dreams, 414 N. Miramar Ave. (Hwy A1A), Indialantic. 321-729-9495.

**Hatha Yoga** – 6:30-7:45pm. With Marilyn. This gentle form of yoga combines physical well-being and balances body, mind, and spirit using guided yoga postures, stretching and breathing. Bring your own mat. \$5 per class, paid at door. Pelican Beach Clubhouse, 1495 Hwy A1A, Satellite Beach. 321-773-6458.

### TREASURE COAST

**Morning Express** - 8-8:45am -This class awakens and warms the entire body, soften the muscles, open the joints, and stimulate the neurological, circulatory and subtle energetic pathways initiating conscious awareness and synchronization of movement in the breath, body, mind, and spirit. Down to Earth Yoga, 1649 SE Port St. Lucie Blvd., Port St Lucie. 772-224-2444. dte-yoga.com.

**Insight Meditation** - 11am-Noon. Clear your mind, calm your emotions and experience peace with Rev. Janice Cary. Unity of Fort Pierce, 3414 Sunrise Blvd. Fort Pierce. Love offerings accepted. UnityofFortPierce.com. 772-461-2272.

**Sessions and Readings** – 11am-3pm. Energy work utilizing Reiki, Angel Therapy, Sound Vibration, Shaman techniques for relaxation promoting healing on all levels. If you have questions or issues you can ask the Angels for some Divine guidance. Call for prices as they vary depending on service. Spark of Divine, LLC Healing and Learning Center 1789 Old Dixie Hwy, Vero Beach. 772-257-6499. SparkofDivine.com.

**Mind Body Clearing** – 6:15-7:30pm. Incorporating breath techniques, using several Asana (postures) to help release tension within the fascia, becoming aware of when your body experiences it and then release any tension using your Breath and body movements, deep relaxation rounds out this experience. Down to Earth Yoga, 1649 SE Port St. Lucie Blvd., Port St Lucie. 772-224-2444. dte-yoga.com.

thursday

### SPACE COAST

**Chair Yoga – Fitness & Balance** – 10:30-11:30am. See description Tuesday 10:30am.

**Yin Yoga with Thai Massage** – 12:15-1:30pm. Begins with gentle, restorative relaxation with the intention to ease the muscles by providing the students with gentle Thai Massage adjustments. Then longer holds of our yin yoga shapes that are targeted to assist the body in relaxing the connective tissue. Led by Melissa Hege Lopez. \$10 or yoga membership. Aquarian Dreams, 414 N. Miramar Ave. (Hwy A1A), Indialantic. 321-729-9495.

**Crystal Bowl Meditation** – 4-5pm. Learn meditation techniques to quiet the mind and relax the body. Experience the crystal bowls, toning and a special sound meditation. Susan Rizzo has over 20 years' experience teaching sound healing techniques. \$10 (or yoga membership). Aquarian Dreams, 414 N. Miramar Ave. (Hwy A1A), Indialantic. 321-729-9495.

**Move, Mediate and Manifest – Yin/Yang Yoga** – 5:30-7pm. Enhance the 9 virtues: Passion, Wisdom, Health, Abundance, Connection, Compassion, Joy, Truth and Balance. Blending Yoga, Sound Bath Meditation and Feng Shui Manifesting provides for complete mind, body, and spirit reboot. Facilitated by Linda Adams, licensed Interior Designer, Feng Shi Consultant and Reiki Master and Eve Shober, Yoga instructor. \$20. Introductory offer buy one get one free. Goats Under the Oaks 7025 81<sup>st</sup> St. Vero Beach. 772-342-0387 or GoatsUnderTheOaks.com.

**Tai-Chi in the Park (Field of Dream)** – 5:30pm-7pm. Beginner to Master Level. Master Chung will teach you Tai-Chi 13 postures step by step. You will learn how to develop the healing Chi energy; how to use internal energy for rooting, relaxing and self-defense; how to apply Chi energy with fan, sword, dou, etc. \$8/class or \$30/per month. Field of Dream 3053 Fell Rd West Melbourne. 321-720-4694. MasterChungWang.com.

**Yoga** - 5:45-6:45pm. With Teren. Gentle Hatha yoga classes with a focus on healing and meditation. Instructor Teren Nichols is a licensed intuitive massage therapist. \$10 (or yoga membership). Aquarian Dreams, 414 N. Miramar Ave. (Hwy A1A), Indialantic. 321-729-9495.

**Yoga in the Village** – 6-7pm. A practice that encourages everyone to find the peaceful union among body, breath, mind, and spirit. \$10. The Zen Room 631 Brevard Ave, Suite C Cocoa Village. 321-544-8541.

### TREASURE COAST

**Foundations Class** – 9-10:15am. - This class will offer the student to deepen and control their breath awareness while moving slowly and mindfully into postures to explore the edge This class incorporates the Integration of Yoga on and off the Mat. Class ends with a deep relaxation. Down to Earth Yoga, 1649 SE Port St. Lucie Blvd., Port St Lucie. 772-224-2444. dte-yoga.com.

**Pilates Mat Class** – 10:30-11:30am. Mat class offered by certified instructor, Barbara Lengen. For information visit AtlanticPilates.net. \$10 drop in or \$48/6. Unity of Fort Pierce, 3414 Sunrise Blvd., Fort Pierce. 772-461-2272. UnityofFortPierce.com.

**Meditation Class** – 6-7pm. This class is for beginners or those who want to refresh or add to their practice with new ideas. Facilitated by Oscar Villanueva, learn the basic principles of how to balance yourself through the age-old practice of meditation. Creating a dedicated practice can help you alleviate stress, intrusive thoughts, insomnia and other things that get in the way of your peace and comfort. \$10 love donation. Scented Dragon, just off US 1 in Port St. Lucie, 6992 Hancock Dr., Port St. Lucie, 772-877-2102.



**Beginners Yoga exploration** – 6:15-7:30pm. This class is designed to teach the basic principles of Yoga to the newer student. This class will help you build a solid safe Yoga practice with emphasis on proper alignment in postures, breath techniques (pranayama), Yogic Philosophy, meditation and relaxation. Handouts and discussions will be offered during this Yoga class. Down to Earth Yoga, 1649 SE Port St. Lucie Blvd., Port St Lucie. 772-224-2444.dte-yoga.com.

## friday

### SPACE COAST

**Yoga in the Village** – 10-11am. Providing a way to improve total quality of life for all abilities through postures, breathing techniques, meditation and relaxation. \$10. The Zen Room 631 Brevard Ave, Suite C Cocoa Village. 321-544-8541.

**Bone Makers** – 10:30-11:30am. A blend of yoga, ballet and post rehab exercises. \$30 per month prepaid or \$8 drop in, join anytime. AFAA certified teacher, Vicki Buckley. Hobbs Pharmacy. 133 N. Banana River Drive Merritt Island. 321-759-4962.

**Conscious Kids Class** (ages 6-11) – 4-5pm. Blend of yoga poses, meditation & relaxation, energy healing and inspired art projects. Different art experience each week: crystals & gemstones, mandalas, dreamcatchers, henna, affirmation, aromatherapy, rain sticks and more. Led by Dava Shanks and Willow Noa. \$10 (or yoga membership). Aquarian Dreams, 414 N. Miramar Ave. (Hwy A1A), Indialantic. 321-729-9495.

### TREASURE COAST

**Tai Chi Easy** – 10-11:15am. Activate your natural internal healing resources through gentle meditative movement, deep breathing and relaxation. With Amy. \$10 drop in, \$40 for six weeks paid in advance. Unity of Fort Pierce, 3414 Sunrise Blvd., Fort Pierce. 772-461-2272. UnityofFortPierce.com.

**Tai Chi Hard** – 11:30am-12:30pm. Activate your natural internal healing resources through gentle meditative movement, deep breathing and relaxation. With Amy. \$15 drop in, \$60 for six weeks paid in advance. Unity of Fort Pierce, 3414 Sunrise Blvd., Fort Pierce. 772-461-2272. UnityofFortPierce.com.

**Happy Hour With The Intuitives** - 5-7pm. Come hang-out with your favorite intuitives. We, at Ubuntu Fish, believe that intuition and creativity grow exponentially when surrounded by even more intuition and creativity. At HHWTI, we all can come together in a safe and supportive place to grow and learn from one another. Bring your friends, your favorite oracle cards and whatever tools you enjoy. September special: \$10 per person and bring a friend for free. 508 SE Osceola St. Stuart. 772-201-2931. UbuntuFishGallery.com

**Drum Circle** – 6-7pm. Come be a part of this Community Rhythm Experience. Our circle will assist you to raise your personal vibration and release inner blocks. We offer a judgement free environment, and all are welcome. Donation. Scented Dragon 6992 Hancock Dr. Port St. Lucie. 772-877-2102.

**Reiki Meditation Circle** - 7-8pm. Experience our Reiki Meditation Circle for an hour of peace, comfort and harmony. Feel yourself shift into a peaceful place. Practitioners welcome. Donation. Scented Dragon, 6993 Hancock Drive Port Saint Lucie. 772-877-2102.

**Reiki Circle** – 7-8pm. Experience the transmission of Universal energy which activates peace, healing. Love Offering. Unity of Fort Pierce, 3414 Sunrise Blvd, Fort Pierce. 772-461-2272. UnityofFortPierce.com.

## saturday

### TREASURE COAST

**Mindful Movements** – 9-10:15am. This class will offer the student to deepen and control their breath awareness while moving slowly and mindfully into postures to explore the edge This class incorporates the Integration of Yoga on and off the Mat. Class ends with a deep relaxation. Down to Earth Yoga, 1649 SE Port St. Lucie Blvd., Port St Lucie. 772-224-2444. dte-yoga.com.

**Tarot Card Sessions** - 10am-1pm. Find answers to some of your life's most puzzling questions through a private session with Eric Adler. Eric utilizes his 25 years of experience as a Tarot Card reader along with his empathic tendencies to guide his clients to a better understanding of their life's path. Rebecca's Organics 301 Orange Ave. Ft. Pierce. Contact Eric Adler at 203-554-0937 or visit his website EsotericTarotCard.com

**Beginners Yoga Exploration** – 10:45am- 12pm. This class is designed to teach the basic principles of Yoga to the newer student. Build a solid safe Yoga practice with emphasis on proper alignment in postures, breath techniques (pranayama), Yogic Philosophy, meditation and relaxation. Handouts and discussions will be offered during this Yoga class. Down to Earth Yoga, 1649 SE Port St. Lucie Blvd., Port St Lucie. 772-224-2444. dte-yoga.com.

**Divine Soul Readings** - 11am-1pm. Have you been looking for a manual for life? Learn how to make choices in alignment with your Soul. Learn about your gifts and blockages so you can fully align to your soul's purpose with Beth. \$200. Spark of Divine LLC Healing and Learning Center 1789 Old Dixie Hwy, Vero Beach. 772-257-6499. SparkofDivine.com.

**Psychic Medium Readings & More** – 11am-4pm. Psychic Medium Readings, Aura and Chakra Photography and Tea Leaf Readings. Walk-ins welcome. Psychic Medium and Aura Readings by Christopher Johansen also offered Monday-Saturday. 11am-4pm. Psychic & The Genie, 313 Colorado Ave., DOWNTOWN Stuart. 772-678-6170. PsychicNTheGenie.com.

## classifieds

### OPPORTUNITIES

**START A CAREER YOU CAN BE PASSION-ATE ABOUT.** Publish your own *Natural Awakenings* magazine. Home based business complete with comprehensive training and support system. New franchises are available or purchase a magazine that is currently publishing. Call 239-530-1377 or visit [NaturalAwakeningsMag.com/mymagazine](http://NaturalAwakeningsMag.com/mymagazine)

**NEED A NEW LOOK FOR YOUR ADVERTISING AND PROMOTIONAL MATERIAL?** Graphic designer with 15 years' experience in the wellness and holistic industry. Fully bilingual: English & Spanish. Call 787-297-8818 or email [Waleska@PRnatural.com](mailto:Waleska@PRnatural.com)

**SEEKING DETAIL-ORIENTED PERSON TO PACK AND SHIP HEALTH PRODUCTS,** lift heavy boxes, sign non-disclosure, non-circumvention agreement. Background and drug test required. 10/hr starting. [HealthOffice@use.startmail.com](mailto:HealthOffice@use.startmail.com). 321-615-2670.

### CLASSES AND WORKSHOPS

**TAICHI EASY** Mondays 11AM at TCUUC, 21 SE Central Parkway, Stuart. Decrease stress and improve balance! \$10 drop in. Visit [ThreeKeysTaiChi.com](http://ThreeKeysTaiChi.com) or call 772-475-7561.

### COMMUNITY

**DONATIONS NEEDED FOR WILD FLORIDA RESCUE (WFR)** – WFR provides safe and compassionate emergency first response service for wildlife in need of urgent medical attention. They operate on the generosity of our community. Visit [WildFloridaRescue.org](http://WildFloridaRescue.org) to donate, “adopt” an animal (virtually), or to set your amazon smile charity to WFR. 321-821-7881.

**VOLUNTEERS NEEDED** - Can you spare two hours a week to deliver meals to Brevard's most frail seniors? The work is very rewarding and only you can put a smile on the face of those seniors who are homebound. If interested please call the Meals on Wheels office at 321-639-8770.

### FOR RENT

**PRIME LOCATION!** Next to Sunseed Co-op in fast growing Cape Canaveral. Rental rooms available: 8'x14' (\$400/mo.) 12'x12' with window and cabinets (\$550/mo.) 26'x19'+ mirrored yoga room (neg.) Utilities/WiFi inc. Contact: [JonesChiropractic@cfl.rr.com](mailto:JonesChiropractic@cfl.rr.com)

**EXECUTIVE SUITES AVAILABLE:** Located in the upscale town-like development of Viera, 5445 Village Drive near the corner of Murrell and Viera Blvd. Tenant mix includes a Dentist, Chiropractor, Insurance Provider, 2 Mental Health Counselors and a real estate office. Ample parking. Furnished: Water, Sewer, Electric, Wireless Internet Included. \$5.25 /SF/Month, 110 SF Office Please call: 321-222-9389 (mobile) 321 591-6793. ARX Real Estate, LLC - Cindy J. Kilgallon; Lic. Real Estate Broker.

# the natural directory

Connecting you to the leaders in natural healthcare and green living in our community. To find out how you can be included in The Natural Directory email [Kris@mynaturalawakenings.com](mailto:Kris@mynaturalawakenings.com) to request our media kit.

## ACUPUNCTURE

**MARCELA BOWIE, D.O.M., AP**  
325 5th Ave, Ste 205  
Indialantic, 321-961-8243  
[NoWorriesNaturalMedicine.com](http://NoWorriesNaturalMedicine.com)



Dr. Bowie uses acupuncture, herbal medicine, injection therapy, cupping, and tuina to treat many conditions ranging from asthma, headaches, pain and neurological and GYN disorders. See ad, page 33.

**ANNA COLLINGS, A.P., D.O.M.**  
150 Fortenberry Rd, Ste B  
Merritt Island, 321-289-1560  
[Phase9Align.com](http://Phase9Align.com)



Aiding the body and mind's natural healing with Traditional Chinese Medicine including: Acupuncture, Healing Foods and CranioSacral Therapy for conception, pregnancy, birthing, and children.

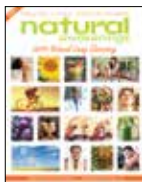
**HEALTHY HEALING ACUPUNCTURE & CHINESE MEDICINE**  
1395 N. Courtenay Pkwy, Ste 202  
Merritt Island, 321-252-3720  
[HealthyHealingClinic.com](http://HealthyHealingClinic.com)



Acupuncture, Cosmetic Acupuncture, Herbal Therapy, Cupping, Massage, Nutrition, Injection Therapy and LED Therapy. Michelle Connell, AP, DOM can help you overcome pain and balance your body to maintain health.

## ADVERTISING/ MARKETING/PR

**NATURAL AWAKENINGS MAGAZINE**  
Kris Urquhart, Publisher  
[Kris@my-NA.com](mailto:Kris@my-NA.com)  
321-426-0080  
[my-NA.com](http://my-NA.com)



Natural Awakenings is your multi-media resource for natural and eco-friendly living. Print, online, mobile, and social media options to keep up with the latest natural living news. Reaching over 70,000 loyal readers each month and thousands more online and with our iPhone/iPad app – you can keep Natural Awakenings at your fingertips.

## ALTERNATIVE HEALING

**CARE NATURAL WELLNESS CENTER**  
Brian P. Walsh, D.C.  
1051 Eber Blvd, Ste 102  
Melbourne, 321-728-1387  
[CareWellnessFL.com](http://CareWellnessFL.com)



Natural healthcare for all ages including Designed Clinical Nutrition using Nutrition Response Testing, Chiropractic Care, PEMF Therapy, thermography and massage services, homeopathics and other natural products. See ad, page 13.

## ANTI-AGING

**GINGER TAYLOR, LMT**  
Melbourne / Palm Bay  
321-480-9986  
[MassagesWithPurpose.com](http://MassagesWithPurpose.com)



Look Younger Naturally! This non-surgical Anti-Aging approach provides application of dry brushing, EZZI-Lift Micro-current Technology, Lymphatic Drainage therapy and a hydrating face massage for smoother, glowing, uplifted, and tighter skin; and dramatically improves scars and wrinkles. (MA75423, MM35261)

## AROMATHERAPY

**MUDITA AROMATICS**  
Jacqueline Mouton, CA  
Melbourne, 321-419-6485  
[Mudita-Aromatics.com](http://Mudita-Aromatics.com)



Mudita Aromatics offers Aromatherapy Consultation and pure essential oil custom blends in support of minor pain, inflammation, headaches, allergies and more. Free 30-minute consultation.

## ART & METAPHYSICAL GALLERY

**UBUNTU FISH GALLERY**  
508 SE Osceola St.  
Stuart, 772-210-2931  
[UbuntuFishGallery.com](http://UbuntuFishGallery.com)



An artists' gallery and intuitive lounge offering: spiritual readings, art gallery, happy hour with the intuitives, meditation, crystal grid and energy workshops, gift shop and more. See ad, page 20.

## ART THERAPY

**MARCY PURDY, ATR BC**  
ArtReach of Vero Beach  
[MarcyArtReach@gmail.com](mailto:MarcyArtReach@gmail.com)  
772-538-5532



Find out how creating artwork can improve your emotional, mental and physical well-being and shine light on your own self-worth. Marcy also instructs Qi Gong and Soulcollage.

## ASTROLOGY

**SARA CARVELL**  
Scented Dragon  
6993 Hancock Dr. PSL  
772-302-5939/772-877-2102



Sara provides teaching and readings in the art of tarot and astrology. Her personal spiritual awakening and paranormal experiences give her unique wisdom beyond her earthly years.

## AUCTIONS

**CLIFF SHULER AUCTIONEERS & LIQUIDATORS, INC**  
422 Julia Street  
Titusville, 321-267-8563  
[SoldFor.com](http://SoldFor.com)



Live, public Auctions. Selling items big or small, from real estate to diamond rings to Tupperware. Serving Brevard County and Florida for over 42 years. See ad, page 38.

## AYURVEDA

**HEALING ELEMENTS AYURVEDA**  
1290 S Hwy A1A, Ste 102  
Satellite Beach, 321-480-9617  
[HealingElementsAyurveda.com](http://HealingElementsAyurveda.com)



Healing Elements offers Ayurvedic wellness consultations focusing on nutritional counseling and herbal care, Ayurvedic massage, Panchakarma (detox), Yoga, Reiki, Wellness workshops and Cooking classes.

## BOTANICAL PRODUCTS

**PREVASIVE**  
321-591-8290  
[PreVasive.com/florida](http://PreVasive.com/florida)



Ground-breaking botanical cleaners and pest control effective on mold, mildew, insects and odors. Recognized safe under FIFRA, EPA and FDA for commercial, residential and agricultural uses.



## BUSINESS COACHING

### WILLOW

Gina Kearney, Holistic Business Coach  
Hobe Sound, 516-984-4615  
WillowEmpowers.com



WILLOW empowers health & wellness entrepreneurs with the strategy and tools to grow businesses that deeply resonate with their vision, purpose and path.

## CBD HEMP PRODUCTS

### 13 PASTURES, LLC

2903 W New Haven  
W Melbourne, 888-603-6033  
13Pastures.com



We provide a variety of high-quality U.S. grown; CO2 extracted Cannabidiol products. Shop in store or order online.

### ORGANIC LIFESTYLE STORE

996 S Wickham Rd, Melbourne  
EarthOrganicsCBD.com  
802-598-4524



Our CBD oil relieves anxiety, depression, pain, sleep issues and more for only \$60. Our CBD paste has been known to combat diseases and cancer. We offer FREE consultation to discuss dosing, health concerns and a return to amazing health. Save \$10! See ad, page 15.

### WEST COCOA PHARMACY & COMPOUNDING

2711 Clearlake Rd, Ste. C10  
Cocoa, 321-305-6909  
CocoaPharmacy.com

Carrying pharmacist-formulated CBD oil that is THC-free, organic and non-GMO for all of the reasons you are using CBD oil. Open M-F 9-6, Sat 9:30-2.

### YOUR CBD STORE

429 5th Ave, Indialantic  
321-327-3741  
IndialanticFL.cbdrx4u.com



A dedicated CBD store that carries only the best products derived from 100% organic, non-GMO, and CO2 extracted industrial hemp. From tinctures, water soluble and edibles to skin care, pain creams, vapes and pets, there is something to help everyone. Free samples! Mon-Sat 10am-6pm.

## CHILDREN'S HEALTH

### CHILDREN'S HEALTHCARE OF BREVARD

Margaret Witzleb, MSN, ARNP  
2351 W. Eau Gallie Blvd, Ste 4  
Melbourne, 321-775-0477

AFFORDABLE, QUALITY pediatric health care offering both alternative and traditional choices for your child's health, regardless of immunization or insurance status. Home-birtherd infants welcome!

### NATURAL SOLUTIONS WITH DR. RUTH

RUTH M. RODRIGUEZ, DO  
Space & Treasure Coast, 321-427-6538  
NaturalSolutionsWithDrRuth.com



Dr. Ruth Rodriguez, board certified Osteopathic Pediatrician provides all-natural solutions for your children's health and wellness needs. One-to-one consultations or group calls offered through Skype or Zoom. See ad, page 9.

## CHIROPRACTIC

### CLOW CHIROPRACTIC

145 Palm Bay Rd NE, Ste 120  
W Melbourne, 321-725-8778  
ClowChiropractic.com



Clow Chiropractic has been providing a full spectrum of natural health-care for over 25 years. Services include chiropractic adjustments, nutritional support, massage (MM2166), physiotherapy, and rehab.

### JONES CHIROPRACTIC

6615 N Atlantic Ave, Ste A  
Cape Canaveral, 321-868-0888  
JonesChiropractic.net



We care for infants to athletes to seniors, using activator to hands-on techniques, incorporating Aquamed Hydromassage and Kennedy Decompression Therapy. Serving Brevard 25+ years. See ad, page 17.

### DR. ROZANA SHARMA, DC

2002 Pennwood Dr, Melbourne  
321-361-6869  
MyNaturalApproach.com



Specializing in non-surgical spine and joint rehabilitation through adjustments, NeuroMuscular physical therapy, postural rehabilitation (no more tech neck), Photobiomodulation-cold laser, anti-inflammatory lifestyle design and weight loss.

## CLEANING: NATURAL

### PROVERBS 31 CLEANING SERVICE

Brevard & parts of Indian River  
321-210-8538  
Proverbs31CleaningService.com

We offer personalized, yet affordable service. Our all-natural cleaning products are safe for your family/pets. Aromatherapy included. Senior discounts. Prices upfront. Licensed, insured, & bonded.

## COACHING

### CAROL BAXTER

Relationship and Life Coach  
772-359-8924  
TheInspiredLivingCenter.com  
ClientCare@TheInspiredLivingCenter.com



All couples share the core need to feel positively connected, appreciated, and loved. Carol will guide you on an exciting journey into a truly awakened relationship, a path designed to help you step into the beauty of collaboration, and the joys of love, that can only come from engaging in conscious partnership.

### CHERI FLAUTO WHOLE LIFE COACH

Essential Elements Wellness  
1010 E New Haven Ave, Suite D  
Melbourne, 407-401-0890  
Cheri.Flauto.com



Cheri Flauto is a Certified Whole Life Coach. Her passion is to empower those who are ready to take charge of their life's journey. She believes that once we take personal responsibility for our lives, we free ourselves to do, be and create anything and everything that we desire.

### REV JANICE CARY

Unity of Fort Pierce  
3414 Sunrise Blvd  
Ft Pierce, 772-461-2272



Life Coaching frees a person from limiting inner beliefs. Relationships, career and self-confidence flourish as you learn tools for meaningful living. Spiritual Counselling enriches one's quality of life through awareness of their spiritual connection. See ad, page 43.

### JODI RITA

Transformational Life Coach  
321-591-8290  
JodiRita.com



Assisting with transformations through love, wisdom and self-empowerment. Also offering natural solutions for anxiety, depression and other debilitating conditions. One-on-one coaching, in person or skype. See ad, page 33.

## COACHING: INTUITIVE HEALTH

### SPIRITUAL SERVICES WITH LAURA BEERS

Melbourne, Skype, Phone, Travel  
321-751-4766  
HealYourSpirit2.com

Spiritual development coaching heal grief with messages from the Other Side: Psychic Mediumship private or group readings. Motivational Speaker. Ordained Minister: weddings, life celebrations.

## COLON HYDROTHERAPY

### AUDRA RACANIELLO, LMT, CT

Indialantic  
321-616-5977  
AudraRacaniello.amtaMembers.com

Choose colon hydrotherapy for the health of your colon. Waste is gently, safely and effectively removed using purified water and disposable equipment. (MA79695).

## CRANIOSACRAL THERAPY

### GINGER TAYLOR, LMT

Melbourne / Palm Bay  
321-480-9986  
MassagesWithPurpose.com



CranioSacral Therapy releases tensions deep within the soft tissue, calming the central nervous system. It relieves pain, dysfunction, improves whole-body health and performance, addressing: Fibromyalgia, TMJ, anxiety, tension, neurological disorders, migraines and more! MA75423/MM35261

## DENTISTRY

### SMILE DESIGN AND WELLNESS CENTER

Dr. Chris Edwards  
Dr. Rob Brown  
Dr. Haley Freymiller  
Viera, 321-751-7775  
SDICFL.com

Innovative, comprehensive, biologic dentistry. Mercury safe removal, high tech office, low radiation digital x-rays. Lasers-no shot, no drill. Ozone therapy. See ad, page 41.

**CLAIRE STAGG, DDS, PA**  
Comprehensive Mercury Free Dental  
Care for the Whole Family  
Indian Harbour Beach, 321-777-2797  
SmileProfessionals.com



Whole body connections and anti-aging Dentistry advanced non-surgical TMJ, snoring and sleep breathing disorders therapy, head, neck and facial pain treatment, non-extraction orthodontics, smile makeovers and dentistry for patients with multiple chemical sensitivities. See ad, page 21.

## EYE & VISION CARE

### HEALTH FOR LIFE

1727 N. Atlantic Ave  
Cocoa Beach, FL 32931  
321-259-0555  
HealthForLifeWellnessCenters.com

We specialize in treating degenerative eye diseases and serious vision conditions with Micro-Acupuncture. 85% of patients respond positively to this treatment. Schedule your complimentary consultation.

## FENG SHUI

### GOATS UNDER THE OAKS

Move, Meditate and Manifest  
Linda Adams 772-342-0387  
GoatsUndertheOaks.com



Consultations and classes. Learn Feng Shui among ten acres of majestic Florida Oaks with Linda, a licensed Interior Designer, Feng Shui consultant and Reiki Master. See ad, page 43.

## HAIR SALON

### ELEMENTS ORGANIC SALON & SPA

28 Oleander Street  
Cocoa, 321-349-0389  
ElementsOrganicSalon.com



Green Circle Salon.

An organic salon and spa providing hair and nail services using only natural products with the least amount of toxic chemicals possible. Certified

## HEALTH FOOD

### EARTH FARE

5410 Murrell Rd.  
Rockledge, 321-615-9858  
EarthFare.com

Earth Fare, Everyone's Healthy Supermarket, offers clean, healthy foods to fit your lifestyle, from grab-and-go prepared meals to Organic and non-GMO produce and more.

### GLORIA'S HEALTH HUT

951 Old Dixie Hwy, A3  
Vero Beach, 772-770-2101

Wide selection of vitamins, supplements, herbs, CBD oil, skin and body care products, gluten-free and organic items. "We're More Than a Health Food Store."

### LUCKY'S MARKET

3170 W New Haven Ave  
W. Melbourne, 321-405-0398  
LuckysMarket.com

Lucky's Market is a natural grocer, providing a wide range of organic, natural, local, and private label products to fit every need.

### NATURE'S HEALTHY HARVEST

2330 N. Wickham Rd, Ste 14  
Melbourne, 321-610-3989  
NaturesHealthyHarvest.net  
NaturesHealthyHarvest@gmail.com

Wellness Center, CBD Hemp Oil, supplements, vitamins, herbs, skin & body care, gluten-free & organic products, proteins, aromatherapy, and health and wellness classes.

### NUTRITION SMART

464 SW Port St. Lucie Blvd  
Port St. Lucie, 772 323-2222  
NutritionSmart.com

Your neighborhood natural organic grocery, vitamins, and juice bar. Committed to providing the community with products necessary for a healthy lifestyle. Free weekly in-store classes.

### ORGANIC FOOD CENTER

862 N. Miramar Ave  
Indialantic, 321-724-2383  
OrganicFoodCenter.com

Natural & Organic grocery with wide selection of vitamins and supplements. Organic café with fresh wheat grass, vegetable juices and smoothies, vegan and gluten-free soups, sandwiches and salads.

### PEGGY'S NATURAL FOODS

5839 SE Federal Highway  
Stuart, 772-286-1401  
PeggysNaturalFoods.com

Wide variety of natural and organic foods. Peggy's Brand Vitamins, Supplements and Herbals in-store or online. Gluten FREE, organic produce, seminars, demo's, and more. Peggy's... Your path to Health.

### SUNSEED FOOD CO-OP

6615 N. Atlantic Ave (A1A)  
Cape Canaveral, 321-784-0930  
SunseedFoodCoop.com

Community-owned, Not-for-Profit Co-op founded in 1974. Largest selection of vitamins & herbs in Brevard. Organic produce and much more. Open Mon-Fri 9-8, Sat 9-7, Sun 10-6.



## SUNSHINE HEALTH FOOD STORE

2916 S. Washington Ave  
Titusville, 321-269-4848  
InsightNutrition.net

Providing nutritional health counseling in a truly holistic fashion by offering massage, cholesterol testing, food detox, essential oils, blood typing along with vitamins, minerals, herbs, homeopathics and natural foods.

## HERBS & SUPPLEMENTS

### MAMA JO'S SUNSHINE HERBALS

1300 Pinetree Drive, Ste 3  
Indian Harbour Beach, 321-779-4647

Enjoy a cup of complementary tea in the relaxing atmosphere of herbs and handmade herbal delights. Bulk Herbs, Handmade Products, Consultations, Classes, and Supplies. Teas, tinctures, lotions, soaps, facial products, salves, and more. See ads, page 44.

### THE HERB CORNER

277 N. Babcock St  
Melbourne, 321-757-7522  
HerbCorner.net

Bulk Herbs, Herbal Certification Course and other herbal classes. Essential oils, handmade salves and lotions, customized herbal blends and private consultations. See ads, page 17.

## HOLISTIC HEALTH

### VEROVITA HOLISTIC HEALTH

Susan Young, PhD, ND, NC, MH  
1925 20th St, Vero Beach  
304-203-4493 EssYoung@gmail.com



Susan Young believes our bodies can achieve balance! As a Holistic Practitioner she focuses on eliminating causes of symptoms to restore a natural state of wellness.

## HOMECARE

### JUST A FRIEND ELDER CARE

Beverly Gordon-Hall  
321-527-4019  
Serving Brevard County



We offer compassionate companionship, light housekeeping, errands, grocery shopping, transportation to appointments, medication reminders, and memory improvement activities in the comfort of your home.

## HOMEOPATHIC MEDICINE

### NEW EARTH CLINIC & APOTHECARY

Ananda Siddha ND & Jennifer Siddha ND  
Melbourne/Indialantic, 321-848-4914  
NewEarthNaturopathic.com



Tried everything? Come see the experts in natural health, homeopathic medicine, herbal remedies, and nature cure. Specializing in complex chronic diseases, infertility, pregnancy & pediatrics.

## HYPNOTHERAPY

### LORI BURKE HYPNOTHERAPY LLC

Lori Burke, Cert. Clinical Hypnotherapist  
Melbourne, 321-652-1039  
LoriBurkeHypnosis.com



Start Living a Life You Love! Free yourself from hostility, fears, resentment; Overcome limiting thoughts and behaviors; Adopt healthy habits; Improve relationships. (IAIH Certified CHi/CCHu/CTHt #7596890).

### ELIZABETH L CAMPBELL, BCH CI, MNL, P, CTH

611 SW Federal Highway, Suite K-1  
Stuart, 772-215-2985  
Elizabeth@TranceformU.com



Combining the best of Hypnotherapy, NeuroLinguistics (NLP) and Theta-Healing to create rapid and lasting changes at the subconscious level. Results appear in body, mind, and spirit. From small concerns to serious trauma, from motivation to spirituality, subconscious changes positively affect all aspects of life. Practicing here in Stuart since 2003.

### HYPNOTHERAPY BY JENNY

Jenny Battig  
Certified Clinical Hypnotherapist  
HypnotherapybyJenny.com  
321-345-8971



Access the power of your inner mind to reduce stress, lose extra weight, stop smoking, or overcome other behaviors/patterns that have been holding you back!

## HYPNOTIST: CLINICAL

### BY THE SEA HYPNOSIS

Stephanie DeWayne, C.Ht.  
850 NW Fed Hwy  
Stuart, 772-207-0824  
BytheSeaHypnosis.com



Hypnosis help's with: Anxiety, Stress, Smoking, Weight Loss, Pain Management, Overcoming Fears, Achieving Goals and more. Stephanie tailors every session to address each individual's needs.

## INTEGRATIVE MEDICINE

### MELISSA DEAN, MD

Dean Wellness Institute  
Premiere Center for Regenerative Medicine  
Vero Beach, 772-567-1500



Age Management, Weight Loss, Preventative Medicine, Andropause, Bioidentical Hormone Replacement, Lifestyle Management, Vitamin Evaluation, Nutrition and many other integrative therapies. See ad, back cover.

### DEBORAH A. DEMARTA, MD, FACS, FAARFM

Institute of Colorectal Health & Wellness  
218 SW Atlanta Ave  
Stuart, 772-539-9556  
InstituteHealthWellness.com



Anti-Aging, Functional and Regenerative Medicine, Colorectal Surgery and Functional GI, hormone replacement, food allergy and nutritional testing, IV vitamin therapy, heavy metals testing, medical aesthetics, THERMIva vaginal rejuvenation, ThermiSmooth skin tightening, HALO skin resurfacing, BBL BroadBand Light skin therapy, laser hair removal, botox and fillers, skin care, weight loss. See ad, page 45.

### RADIANTLY HEALTHY MD

Rebecca Hunton, MD  
420 Fifth Ave  
Indialantic, 321-806-7436  
DrHunton.com



Are you Radiantly Healthy? We offer Integrative/Functional Medicine solutions to address health challenges and healthy aging! We combine both traditional and natural options including medical marijuana certification. See ad, page 10.

## IV THERAPY

### RADIANTLY HEALTHY VITAMIN INFUSION DRIP LOUNGE

150 Fifth Ave, Suite B  
Indialantic, 321-243-1859  
rh-md.com/rhvi/



Delivering vital nutrients, IV Therapy benefits people with Chronic Fatigue, Depression, Migraines/Tension Headaches, Allergies, IBS, Cardiovascular Disease, Autoimmune Disease, Athletic Recovery, Viral/Bacterial Infections, and Common Cold/Flu. See ad, page 10.

## IV THERAPY CONT.

### VITALIFTS

4865 N Wickham Rd, Ste 109  
Melbourne, 321-425-2111  
Vitalifts.com



Dedicated IV vitamin and nutrient therapies Center. IV therapy used for sport performance, stress reduction, migraines, Fibromyalgia, chronic fatigue syndrome, skin rejuvenation, memory, and much more.

## LOCAL FARMS

### FLORIDA FIELDS TO FORKS, CSA

1200 Corey Road  
Malabar, 321-229-5288  
FloridaFieldsToForks.com



A local CSA farm, offering beyond organically raised grass-fed/grass-finished Angus beef, Berkshire pork, Katahdin lamb, chicken eggs, raw cow and goat milk, vegetables, and more.

## LYMPHATIC DRAINAGE THERAPY

### GINGER TAYLOR, LMT

Melbourne / Palm Bay  
321-480-9986  
MassagesWithPurpose.com



Lymphatic Drainage is a gentle technique for treatment of lymphedema, post-surgical swelling, stimulating the immune system, plastic surgery scars, edema reduction, and more. (MA75423, MM35261)

## MASSAGE THERAPY

### DANIELLE DEMPSEY, LMT

321-431-8280  
Melbourne/Palm Bay  
DanielleDempseyLmt.MassageTherapy.com



Integrative massage therapy customized to your specific needs, including: Therapeutic/Deep Tissue, Tabletop Thai and Pregnancy Massage. Hot stones, infrared lights, and aromatherapy are always complimentary. (MA91001)

### GINGER TAYLOR, LMT

Melbourne / Palm Bay  
321-480-9986  
MassagesWithPurpose.com



Integrative therapeutic modalities: Massage Therapy (prenatal, deep tissue, and sports stretching), Gentle Scar Release, Craniosacral Therapy, Lymphatic Drainage Therapy, AVAZZIA Advanced Pain Management, Thai Massage, Thai Foot Massage, Reflexology, Anti-Aging Face-Lifting Massage; helping clients transition towards a better life. (MA75423, MM35261)

## HOLISTIC HEALING MASSAGE & WELLNESS

5595 Schenck Ave #7, Viera  
321-848-0561  
HolisticHealingMassage.org

Wellness center offering massage, colonics, sauna, detox foot baths & CBD products. All services by appointment. NOW offering 1-hour student massage for \$35! (MM1744, MA38084)

## KERI'S THERAPEUTIC MASSAGE & SKIN CARE

Viera/Rockledge  
727-457-7462  
KerisTherapeuticMassage.com

Pain relief or Pampering. A therapist you can trust! Medical, Injury Rehab, Sports Massage, Swedish/Relaxation, Facials, Peels, Spa Treatments. You won't be disappointed! (MA74361, MM17447)

## MEDICAL MARIJUANA

### ALTERNATIVE MEDICAL SOLUTIONS

Edwin Stroup, MD  
1627 US Hwy 1, Suite 211  
Sebastian, 772-202-7976



Serving the Treasure Coast for medical marijuana certification. Cannabis has many medical indications including chronic pain, PTSD, fibromyalgia, IBS, migraines, and much more!

## ESSENTIALS MEDISPA & SALON

1705 Berglund Lane, Ste. 101  
Viera, 321-722-2860  
EssentialsMediSpaandSalon.com



If you are looking for an alternative method of relief to chronic health problems, you may be eligible for the use of medicinal marijuana. See ad, page 49.

## METAPHYSICAL STORE

### CREATIVE ENERGY ENCHANTED GIFTS FOR THE MIND, BODY AND SOUL

780 W New Haven Ave  
Melbourne 321-952-6789  
Facebook, Creative Energy Melbourne



We offer a wide variety of divination tools to enhance your Spiritual Journey including: Crystals, gemstones, jewelry, singing bowls, books, tarot, candles, salt lamps, sage, incense, oils, statuary, altar items & much more! Readings on weekends!

### GENIE'S GEMS

Unique Gifts & Clothing for your Inner Hippie  
21 SW Flagler Ave  
Downtown Stuart, 772-678-6228



Offering metaphysical, eco-friendly, organic yoga and hippie clothing, CBD products, books, singing bowls, crystals, stones, incense, unique gifts & so much more! Tea leaf reading available on Saturdays. Free hugs - Open 7 days a week.

### PSYCHIC AND THE GENIE

313 Colorado Ave  
Stuart, 772-678-6170  
PsychicNTheGenie.com



Convenient Downtown Stuart location offering a wide assortment of incense, candles, books, sage, crystals, salt lamps and more. Psychic Medium, Tea Leaf, Aura Photography and tarot readings. Readers available 7 days a week!

### SCENTED DRAGON

6993 Hancock Drive  
Port St. Lucie, 772-877-2102  
Open 7 days 10am-7pm



The Premier Metaphysical Store on the Treasure Coast offers knowledgeable staff, incense, crystals, stones, sage, candles, jewelry & more. Readers available daily. US 1 in Port St. Lucie. See ad, page 29.

## NUTRITION

### LEE COTTON, RDN, LDN

561-307-0706  
Lee@LeeCottonRDN.com  
LeeCottonRD.com



Private practice licensed Registered Dietitian offering Medical Nutrition Therapy and guidance for overall health and wellness. See ad, page 19.



## PET SUPPLIES: NATURAL

### NATURAL PET SPECIALTY SHOP

398-B N Harbor City Blvd  
Melbourne, 321-259-3005  
NaturalPetSpecialtyShop.com



Featuring: grain-free, high-quality protein, raw & organic pet foods, treats, supplements, homeopathic and herbal remedies, chemical-free grooming products, natural flea & tick supplies and much more. See ad, page

## PILATES

### PILATES & YOUR PALATE

705 SE 5th St  
Stuart, 772-485-6585  
PilatesandYourPalate.com



**PILATES & YOUR PALATE, LLC.**  
STRENGTHEN AND FEED YOUR INNER CORE.  
Pilates and Your Palate is a fully equipped Pilates studio in Stuart. We offer private instruction and small group Pilates. Our lovely environment and amazing instructors' welcome clients to obtain their physical goals! Please call us today to book your first appointment and find out about our new client special! See ad, page 19.

## PSYCHIC MEDIUM

### CHRISTOPHER JOHANSEN

Psychic & the Genie  
Downtown Stuart, 772-678-6170  
PsychicNTheGenie.com



Third-generation psychic medium and Reiki Master, Christopher sees past, present and future events by tuning into the spirit energy surrounding you. Connect with your Spirit Guides and deceased loved ones.

### TESS, THE TREASURE COAST MEDIUM

Intuitive Medium, Reiki Master,  
Past Life Regressions  
By appointment: 772-200-0016  
TessTheHealer@gmail.com  
TreasureCoastMedium.com



Are you grieving the loss of a loved one and need closure? Did you miss the chance to say 'Goodbye'? Or are you in need of divine guidance about your career, love life, or finances? Allow the Angels to help you make the right decisions. Learn how to cultivate your own intuition through classes offered in spiritual development.

## PSYCHOTHERAPY

### CREATIVE COUNSELING CENTER

Helen Jessup Murray, LMHC  
Vero Beach, 772-770-4501  
CreativeCounselingCenter.net



The "problems" that bring you to therapy, often are "symptoms" ... not the underlying cause. Healing the cause begins the moment a connection is made at Creative Counseling Center.

## REIKI

### REV. JAYADEVI (JULIA) BAGINSKI

Metaphysical Practitioner & Life Coach  
RevJayadevi@gmail.com, 772-418-1943  
RevJayadevi.com



Offering personalized healing and energy work. Shift the energy in any area of your life, so you can experience love, joy, peace, abundance, connection and freedom NOW!

### SPARK OF DIVINE LLC

1789 Old Dixie Hwy  
Vero Beach, 772-257-6499  
SparkOfDivine.com

Healing and Learning Center with Metaphysical Gift Shop. Classes and Sessions in Reiki, Angelology, Shamanism, Meditation, Yoga, Qi Gong, Nia, Crystals, CDs, Books, Candles, Statuary, Unique Local Artwork, etc.

### JENNIFER MASKOL HEALING, REIKI MASTER

Treasure Coast, 772-828-1476  
Local and Distance Healing  
JenniferMaskolHealing.com



Goddess-centered healing for women, teens and children that promotes empowerment, relaxation, balance and peace by creating a nurturing atmosphere. Individual appointments and group events.

## SALT THERAPY

### THE SALT CAVE IN THE HAIR TIKI

735 Commerce Center Dr. Ste. B  
Sebastian, 772-228-8986  
TheHairTiki.com



**SALT CAVE**

Dry salt therapy (halotherapy) promotes healthier breathing & skin, sounder sleep, endurance & overall wellness. It's also healing on a variety of levels for stress anxiety & fatigue.

## SKIN CARE

### LINDY PETTET, LIC. MEDICAL ESTHETICIAN

402 N Babcock St, Ste 101, Melbourne  
1727 N Atlantic Ave, Cocoa Beach  
321-626-5144  
HealthForLifeWellnessCenters.com

Specializing in acne, anti-aging, cellulite, discoloration, dryness, eczema, psoriasis, rosacea, roughness, sagging, wrinkles and more. Schedule your FREE computerized photographic analysis now.

## SOLAR ENERGY

### SOLAR ENERGY SYSTEMS OF BREVARD, INC.

1536 Cypress Ave  
Melbourne, 321-253-3232  
321GoSolar.com



Excellence in installing & servicing commercial & residential photovoltaics, solar hot water, solar attic ventilation & pool heating. Offset or eliminate your rising utility bills.

## SPIRITUALITY

### THE INSTITUTE FOR SPIRITUAL DEVELOPMENT TREASURE COAST

1789 Old Dixie Hwy  
Vero Beach, 772-404-1352  
ISDTC.org



ISDTC is a non-profit organization dedicated to spiritual and personal development. We offer classes, spiritual services and events. Co-located with Spark of the Divine. Info@ISDTC.org.

### UNITY OF FORT PIERCE

3414 Sunrise Blvd.  
Fort Pierce, 772-461-2272  
UnityOfFortPierce.com



Cultivate a healthy, prosperous attitude through Connecting, nurturing and expressing your Authentic Self; Rev Janice Cary provides spiritual counseling/life coaching, Classes, Meditation. See ad, page 34.

### UNITY ON THE SPACE COAST

2000 South St, Titusville  
321-383-0195  
UnityontheSpaceCoast.org



A positive, practical, progressive approach to Christianity based on the teachings of Jesus and the power of prayer, celebrating personal and spiritual diversity.

## SPIRITUALITY CONT.

### UNITY SPIRITUAL CENTER OF VERO BEACH

950 43rd Ave  
Vero Beach, 772-562-1133  
UnityOfVero.org



A Positive Path for Spiritual Living. Rev. Dan Holloway. Sunday Service: 10 am. Unity Labyrinth open to the public. Everyone is Welcome!

## STEM CELL THERAPY

### DOUGLAS J CHADBOURNE, MD

Brevard & Indian River Counties  
321-505-6610  
ChadStemCellTherapy.com



Johns Hopkins residency trained and Board Certified in Preventive Medicine. Ultrasound-guided stem cell injections maximize regrowth of cartilage, soft tissue and bone for potential pain-free living. See ad, page 9.

## TAI CHI

### ROCKLEDGE TAI CHI CHUAN

"Meditation in Motion"  
321-522-7620  
RockledgeTaiChiChuan.com



Move with confidence and awareness. Tai Chi will improve your balance, flexibility, and agility as well as reduce stress. Relaxation in movement is the key.

## TAROT CARDS

### ERIC ADLER

EsotericTarotCard.com  
Treasure Coast  
203-554-0937



Looking for a positive direction on your own individual path? Eric has been reading professionally since 1996, offering unique and esoteric tarot cards sessions. In person, phone or internet.

## THERMOGRAPHY

### FOR YOUR HEALTH THERMAL IMAGING, LLC

6550 North Wickham Rd, Ste 6  
Melbourne, 321-987-7893  
YourThermalHealth.com



Whether your pain, condition, or disease is acute or chronic, a thermography scan can identify dysfunction and pathology for your healthcare professional. It's pain-free, fast, radiation-free, and non-invasive. See ad, page 2.

### SPACE COAST THERMOGRAPHY

7125 Turner Rd, Ste 101  
Rockledge/Suntree, 321-574-9014  
SpaceCoastThermography.com



Radiation-free breast health screenings, women's and men's health studies, and full-body studies with the highest resolution thermal imaging equipment available in Brevard County. Grants Available! See ad, page 8.

### STUART THERMOGRAPHY

Dr. Steven Zanfini  
Stuart, 772-781-5353  
CompleteCareTC.com



Finest thermal screening available on the Treasure Coast since 2001. Manage breast health with Thermal breast screening providing insight into ways of staying healthy and not just detecting disease or dysfunction. Upper body and full body screening also available. Offering affordable screening packages including reports, images, and optional flash drive. See ad, page 42.

### THERMOGRAPHY OF BREVARD

3150 Cardinal Dr. Vero Beach  
1051 Eber Blvd, Ste 102, Melbourne  
321-312-0363  
ThermographyofBrevard.com

Thermography sees inflammation in the body, early detection of breast disease, dysfunction of heart, lungs, digestive system, colon, thyroid, vascular system, muscles, joints and more. See ad, page 20.

## VETERINARIAN

### COASTAL ANIMAL HOSPITAL WELLNESS CENTER

545 Gus Hipp Blvd  
Rockledge, 321-632-3800  
CoastalAnimalHospitalRockledge.com

Our full-service hospital offers Animal Chiropractic, Laser Therapy, I-Therm, Clinical Nutrition and Raw Food diets, Acupuncture, and Homeopathy. Our patients and clients Love Integrative Care.

## WELLNESS CENTER

### ETHERIA WELLNESS

1037 Pathfinder Way  
Rockledge, 850-819-4736  
EtheriaWellness.com/event-calendar

Wellness center offering meditation, mindfulness, spiritual development, health classes, Stress/anxiety relief, coaching programs, relaxation programs and other natural mind, body services. Check calendar for events.

## WOMAN ENRICHMENT

### WOMANWINEWEED.COM

Jodi Rita  
321-591-8290



An abundant resource for women seeking wisdom, empowerment and wit from the world around us and beyond; after-all knowledge is power.

## YOGA

### HATHA YOGA WITH MARILYN

Pelican Beach Clubhouse  
1495 Highway A1A  
Satellite Beach, 321-773-6458

Balance your Body, Mind & Spirit with Hatha Yoga. Gentle, guided yoga postures with Stretching, Deep Breathing, and Relaxation. \$5 per class through Satellite Recreation Department. See ad, page 29.

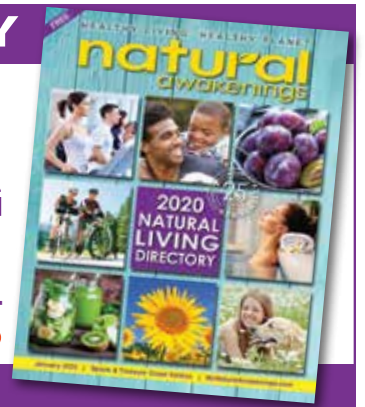


## COMING IN JANUARY

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EARLY BIRD DEADLINE: NOVEMBER 4TH





# Nature's Virus Killer

## Copper in new device stops cold and flu

By Doug Cornell

**M**ore and more people are saying they just don't get colds anymore.

They are using a new device made of pure copper, which scientists say kills cold and flu viruses.

Doug Cornell invented the device in 2012. "I haven't had a single cold since then," he says.

People were skeptical but EPA and university studies demonstrate repeatedly that viruses and bacteria die almost instantly when touched by copper.

That's why ancient Greeks and Egyptians used copper to purify water and heal wounds. They didn't know about viruses and bacteria, but now we do.

Scientists say the high conductance of copper disrupts the electrical balance in a microbe cell and destroys the cell in seconds.

So some hospitals tried copper touch surfaces like faucets and doorknobs. This cut the spread of MRSA and other illnesses by over half, and saved lives.

Colds start after cold viruses get in your nose, so the vast body of research gave Cornell an idea. When he next felt a cold about to start, he fashioned a smooth copper probe and rubbed it gently in his nose for 60 seconds.

"It worked!" he exclaimed. "The cold never got going." It worked again every time.

He asked relatives and friends to try it. They said it worked for them, too, so he patented CopperZap™ and put it on the market.

Now tens of thousands of people have tried it. Nearly 100% of feedback said the copper stops colds if used within 3 hours after the first sign. Even up to 2 days, if they still get the cold it is milder than usual and they feel better.

Users wrote things like, "It stopped my cold right away," and "Is it supposed to work that fast?"

"What a wonderful thing," wrote Physician's Assistant Julie. "No more colds for me!"

Pat McAllister, age 70, received one for Christmas and called it "one of the best presents ever. This little jewel really works." Now thousands of users have simply stopped getting colds.

People often use CopperZap preventively. Frequent flier Karen Gauci used to get colds after crowded flights. Though skeptical, she tried it several times a day on travel days for 2 months. "Sixteen flights and not a sniffle!"

Businesswoman Rosaleen says when people are sick around her she uses CopperZap morning and night. "It saved me last holidays," she said. "The kids had colds going round and round, but not me."

Some users say it also helps with

sinuses. Attorney Donna Blight had a 2-day sinus headache. When her CopperZap arrived, she tried it. "I am shocked!" she said. "My head cleared, no more headache, no more congestion."

Some users say copper stops nighttime stuffiness if used just before bed. One man said, "Best sleep I've had in years."

Copper can also stop flu if used early and for several days. Lab technicians placed 25 million live flu viruses on a CopperZap. No viruses were found alive soon after.

Dr. Bill Keevil led one of the teams confirming the discovery. He placed millions of disease germs on copper. "They started to die literally as soon as they touched the surface," he said.

People have used it on cold sores and say it can completely prevent ugly outbreaks. You can also rub it gently on wounds or lesions to combat infections.



**Dr. Bill Keevil:** Copper quickly kills cold viruses.

The handle is curved and finely textured to improve contact. It kills germs picked up on fingers and hands to protect you and your family.

Copper even kills deadly germs that have become resistant to antibiotics. If you are near sick people, a moment of handling it may keep serious infection away from you and your loved ones. It may even save a life.

The EPA says copper still works even when tarnished. It kills hundreds of different disease germs so it can prevent serious or even fatal illness.

CopperZap is made in America of pure copper. It has a 90-day full money back guarantee. It is \$69.95.

Get \$10 off each CopperZap with code **NATA12**.

Go to [www.CopperZap.com](http://www.CopperZap.com) or call toll-free 1-888-411-6114.

Buy once, use forever.

ADVERTORIAL

# The Premier Center for REGENERATIVE MEDICINE



**Melissa Dean, MD, MMB**  
Anti-Aging Medicine  
Master's Metabolic  
Medicine

Dr. Melissa Dean has been serving Vero Beach, FL and the surrounding area for over 15 years. With a welcoming and positive atmosphere, Dean Wellness Institute provides an integrative approach to medicine. Every patient that walks through our door will be provided with a customized plan of care tailored to their individual healthcare and nutritional needs.

**Thomas Edison sums up our philosophy best:**

*"The doctor of the future will give no medicine but will interest his patients in the care of the human frame, in diet and in the cause and prevention of disease."*

## NATURAL & INTEGRATIVE HEALTH CHOICES

### Services We Provide...

- Age Management, Anti-aging/  
Age Reversal Medicine
- Bio-Identical Hormone Replacement  
Therapy for Men & Women
- Chelation Therapy  
(many types offered)
- Sports Health Management
- Nutritional Programs
- Tobacco Cessation
- Preventative Medicine
- Vitamin Evaluation
- Oxygen Therapies
- Plus many other  
innovative therapies



**Catherine Cheries, P.A.**



**Dean Wellness Institute**

Integrative Approach to Medicine

1345 36th St, Suite B  
Vero Beach, FL 32960

**772-567-1500**

*Gift Certificates Available*

**DeanWellnessInstitute.com**

### Introducing... OBAGI BLUE PEEL RADIANCE

Quick, superficial salicylic acid-based facial chemical peel that exfoliates and helps improve overall complexion, and provides firmer, smoother, brighter-looking skin after just one use.



**Gentle enough to use on all skin types.**



Receive a **FREE** sample of the new Obagi Vitamin C Mask with your procedure!